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Pakistan president resigns

Pervez Musharraf resigned as the president of Pakistan yesterday, ducking out of a power struggle with rivals vowing to impeach him that would have deepened the country's political crisis.

His exit, communicated in a defiant televised address, gives the political parties, which sidelined the steadfast U.S. ally after February elections and have now driven him from office, a chance to consolidate Pakistan's shaky democracy.

Pervez Musharraf

"There is a huge challenge ahead," said Shafqat Mahmood, a former government minister. "Now this whole Musharraf excuse is behind us."

A diminished figure since he resigned as army chief in November, the 65-year-old left the presidency amid a palpable lack of overt support from either of his main props — the army and Washington.

THE ASSOCIATED PRESS

MORE COVERAGE, PG. 8

McGuinty visits blast location

TORONTO After touring the devastation left by the Sunrise Propane blast yesterday, Premier Dalton McGuinty wondered if such facilities should be located so close to residential areas. The premier also said he told acting deputy mayor Shelley Carroll that the province was interested in helping families affected by the blast. Meanwhile, tests for asbestos in the affected neighbourhood of Murray Road have shown no unusual levels, officials said yesterday.

TORSTAR NEWS SERVICE

ShareYourViews
torontoletters@metronews.ca

Olympics **Soaring to silver**

STEVE RUSSELL/TORSTAR NEWS SERVICE

Toronto's Karen Cockburn raises her bouquet for the crowd after receiving the silver medal in women's trampoline at the Beijing Olympics yesterday. **More Olympics coverage, pg. 14, 16**

Chrétien slams PM for skipping Games

In bypassing the Beijing Olympics, Prime Minister Stephen Harper has undermined the work that every Canadian leader since John Diefenbaker has poured into improving relations with China, Jean Chrétien said yesterday.

"Starting from Diefenbaker, Trudeau and all of us, we established good relations ... with China. And suddenly you break the bridge." Jean Chrétien

The former prime minister said he would not have hesitated for "a second" to attend the Games and called Harper's decision to skip the opening ceremonies a mistake with potentially costly consequences for Canadian trade.

"It is the second-biggest economy in the world, and, in 50 years, it will be the biggest economy in the world," Chrétien told reporters after a speech to the Canadian Bar Association. "Starting with Diefenbaker, Trudeau and all of us, we established very good relations, relatively speaking, with China. And suddenly you break the bridge."

Harper's office noted in response that Chrétien had missed several Olympics while he was prime minister from 1993 to 2003.

"I find it ironic that Prime Minister Chrétien ... somehow skipped the '94, '98, 2000 and 2002 opening ceremonies. Based on his remarks, should we conclude that relations with those countries were damaged because Prime Minister Chrétien did not attend four out of five Olympic games that took place while he was prime minister?" said Dimitri Soudas, Harper's assistant press secretary.

TORSTAR NEWS SERVICE

HARPER IN GTA, PG. 6

Your Health pg 17
Urban poling catching on

Entertainment pg 27
Stills drop new album

Your Money pg 10
Mentors show way

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Reward offered for 2007 slaying
A $50,000 reward is being offered to anyone who can help Toronto police figure out who fatally shot Michael George, 25, on July 29, 2007. George was found dead in a car on Wilcox Creek Pathway, near Finch Avenue East and Morningside Avenue, after police received reports of shots in the area. TORSTAR NEWS SERVICE

Local

Hammer incident on TTC

A Toronto woman is under arrest after allegedly attacking a TTC driver with a hammer yesterday. The incident happened aboard a route 108A bus on Grandravine Drive near Driftwood Avenue around 11 a.m. The attacker, who was wearing a red wig, was wrestled to the floor by a group of riders, witnesses said. Chelsea Simon, 23, is facing six charges, including assault.
TORSTAR NEWS SERVICE

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Tomorrow's Metro

Automotive
Volkswagen Tiguan takes on crossover competition.

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What's online today.

Read Allan Small's Investment Perspective for a look at opportunities to profit from the downtrodden financial markets
Watch reports on the resignation of Kandahar's controversial governor and on Canada's continued success at the Beijing Olympics
Check movie showtimes, trailers and reviews at metronews.ca/movies

Lotteries

Ontario Pick 3	285
Ontario Pick 4	3053
Encore	2524727
Daily Keno	1, 3, 4, 9, 13, 21, 25, 26, 28, 29, 32, 40, 46, 50, 57, 61, 64, 66, 69, 70

These results are not official.

Say what? A language revolution

English spiced with flavours

That eve-teasing man thinks he's such a ranjha, but he's really a badmash. Chi-chi.

In other words: "The man who sexually harasses women thinks he's such a Romeo, but he's really ill-mannered. Ick."

That sentence, with its Hindi-English mix, might have folks at Merriam-Webster scratching their heads.

But all around the GTA, if you listen carefully, you'll hear English increasingly spiced with flavours from foreign languages. Hinglish, Chinglish and Arabizi are just a few of the variations.

With its ethnic neighbourhoods, Toronto is the perfect city for a revolution in spoken English, historically an "absorbent language." The language we are hearing today will be very different from the English we will speak in future, as we borrow more words from dominant languages like Hindi or Chinese.

Academics call this mid-conversation and mid-sentence hybridization "code switching." It is disliked by some native English speakers, but not by language experts.

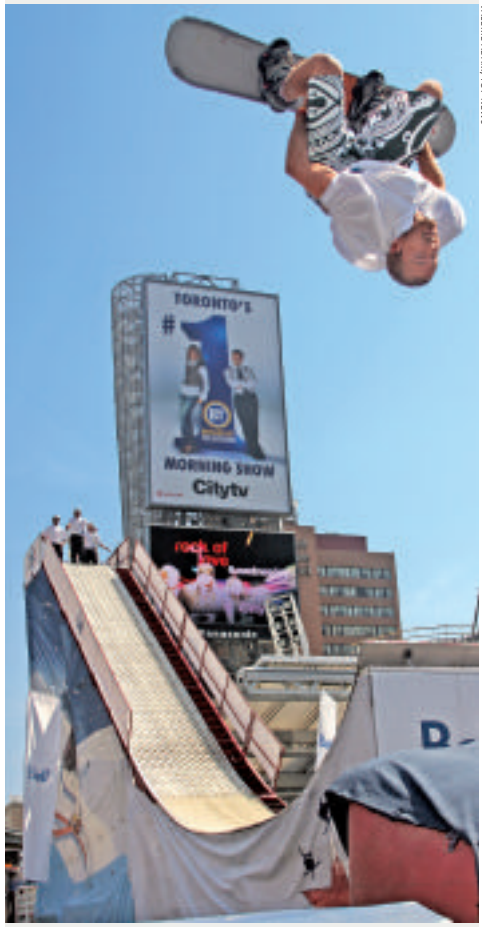
> **"It is perfectly normal and linguistically fascinating, but people sometimes find it embarrassing."**
> Professor Jack Chambers

"It is perfectly normal and linguistically fascinating, but people sometimes find it embarrassing," says Jack Chambers, professor of sociolinguistics at the University of Toronto. "They think it is a sign of incompetence when it is really a sign of resiliency and creativity."

Hinglish, a lively hybrid spread quickly by the Internet and satellite channels, is the language of globalization. In 2004, David Crystal, a British linguist at the University of Wales, predicted the world's 350 million Hinglish speakers may soon outnumber native English speakers in the United States and United Kingdom.

TORSTAR NEWS SERVICE

Soaring **All-star air**



VALERIE ADAM/TOP NEWS

Toronto snowboarder and former trampolinist Sean Butler soars above the crowd yesterday at the Bell Big Air All Stars show at Yonge-Dundas Square. At the halfway mark of the Beijing Olympic Games, past, present and future Olympians from freestyle skiing, snowboarding and trampoline performed big air manoeuvres during the event.

Police trying to curb Peel gang violence

Alex Masih, 16, became Peel Region's 17th homicide victim of the year on Aug. 9 when he was gunned down near Kennedy Road and Williams Parkway in the heart of Brampton.

A week later, Farhan Ali Omar, 22, was stabbed to death in Mississauga, bringing the homicide total to 18, and setting a record for the number of murders in Peel in a single year. With more than four months to go, the numbers will likely continue to climb in the rapidly expanding suburbs west of Toronto.

Increased gang activity in Peel is a trend police in the region want to curb, before it leads to the type of downward spiral into urban decay that has plagued many North American cities.

In 2003, there were 39 known gangs in Peel. As of last year, that number had jumped to 108, said Const. Dirk Niles of the Intelligence Services Gang Unit.

With a population of just more than 1 million in Peel, the increasing numbers don't turn the region into a "gangland" by any stretch of the imagination, but they are a legitimate cause for public concern, Niles said.

TORSTAR NEWS SERVICE

Gangs

- The number of gang members and associates has almost doubled since 2003, from just more than 800 to more than 1,500 in Brampton and Mississauga today, said Niles, adding the increase is partially due to improved efforts in tracking gang activity in the region.

News in brief

SHOTS Police are investigating after shots were fired between vehicles on Bellvare Crescent, near Victoria Park Avenue and Lawrence Avenue East, yesterday just before 5 p.m.
TORSTAR NEWS SERVICE

Body found at blast site remains a mystery

It could be months before the body found last week at the site of several massive explosions in a north Toronto neighbourhood is identified.

As evacuated residents return to survey the damage, talk of class-action lawsuits and cleanup costs have filled the air, but one of the largest mysteries lingering since the blast 10 days ago at the Sunrise Propane facility has yet to be resolved. Parminder Saini, 24, a Sunrise employee, has been missing since the explosion forced the evacuation of thousands. Meanwhile, his family in India endures an excruciating wait for answers.

The mechanical engineering student from India was an employee at the Murray Road facility.

TORSTAR NEWS SERVICE

Worker injured in construction accident

The Ministry of Labour was investigating an accident last night after a construction worker was pinned to the roof of a Costco Wholesale store on Warden Avenue, south of Ellesmere Road. The man, in his 30s, was sent to hospital with serious injuries after the incident. TORSTAR NEWS SERVICE

Riders bugged about baby buggies

InTransit

Ed Drass

transit@eddrass.com

It seems as if the number of baby strollers aboard transit vehicles is, well, proliferating.

Or are more parents opting for oversized "SUV" carriages — ones with storage space?

A reader writes, "I live on a busy street, and on any given bus … there will be at least one stroller — sometimes two, three, four or even five. The best part is parents who park their SUVs right at the front of the bus, behind the driver, leaving (other passengers) to squeeze past. Not only is it a nuisance, but it's also a safety hazard."

Another reader acknowledges "this is a motherhood issue" but asks "since these prams usually take up the same amount of space as … three or four standing people, shouldn't there be a limit on when they can be allowed on the buses?"

Parents have also complained to me of poorly accessible stations and bus drivers that don't extend ramps.

TTC spokesperson Brad Ross says, "If requested, operators must deploy the lift on our low-floor buses," but adds, "Scooter and wheelchair space is reserved for disabled customers."

Asked about limits, he replies, "We'll allow as many strollers as possible, assuming safety and practicality issues, of course. Strollers aren't a luxury."

Parents face a challenge before their infant can hold its head upright unaided. A solution is to buy two strollers — a carriage type for the early months as well as trips near home, and a collapsible style for later transit rides.

Andrew Warren of Toronto store Crayons says one specific Peg Perego stroller may serve both needs. It costs around $370.

Stroller guidelines

- GTA transit agencies have varying guidelines for bringing strollers on board, and some suggest or even insist on umbrella models. Check in advance, and please obey drivers — especially during busy periods.

Ex-tip

Q: What's the best route to the Ex?

Tip: GO Transit is a good option, and some stations sell CNE tickets. The TTC's 511 Bathurst and 29 Dufferin routes are frequent but can get bunched up. The 509 Harbourfront streetcar runs traffic-free from Union station but is tough with a stroller. The 193 Exhibition Rocket nonstop bus from Dundas West station is probably the best bet.

Ed Drass has a degree in urban studies from York University and regularly rides transit in the GTA.

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News in brief

NORTEL Lawyers for former Nortel chief executive officer Frank Dunn and other Nortel executives appeared in Newmarket court yesterday for the first time since the executives were being granted bail in June over fraud charges filed by the RCMP, to begin what threatens to be a massive and lengthy trial. A date of Nov. 5 was set for the next pretrial meeting. TORSTAR NEWS SERVICE

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35 arrested following Montreal riot

Thirty-five people have been arrested by Montreal police as part of their investigation into a riot last weekend following the fatal police shooting of a teenage boy. Police received tips after releasing pictures of people caught on security cameras. THE CANADIAN PRESS

Canada

Full recovery from West Nile

Most people who have contracted West Nile virus from infected mosquitoes — even those with some serious neurological complications — can take heart they will fully recover over time, Canadian researchers say. In a 2003-07 study of 156 Canadians, the average time to recovery was about a year. THE CANADIAN PRESS

Complaint filed against Katelynn case judge

COUNCIL NDP MPP Peter Kormos (Welland) has filed a formal complaint with the Ontario Judicial Council over Justice Debra Paulseth's actions in the child-custody case of Katelynn Sampson.

"Justice Paulseth appears to have dealt with the matter of this child's custody in a cavalier and overly casual manner," wrote Kormos, a lawyer, adding the judge "failed to meet even a minimal standard."

Court transcripts reveal Paulseth asked few questions about Katelynn's guardian, Donna Irving, and admitted at a Feb. 19 hearing she hadn't read the case paperwork.

Irving, 29, and boyfriend Warren Johnson, 46, were charged with second-degree murder after the girl was found dead Aug. 3.

TORSTAR NEWS SERVICE

Scammers pose as taxman: CRA

LETTER The Canada Revenue Agency is warning people to beware of scam artists trying to steal financial information with a letter purporting to be from the government.

The phoney document uses an authentic-looking letterhead and claims that people are missing out on refunds because information was omitted from their returns. It asks them to send key information to an e-mail address or a fax number. THE CANADIAN PRESS

Harper's GTA swing has campaign style

Prime Minister Stephen Harper kicked off a quick swing through the GTA and southwestern Ontario with a campaign-style speech that served as a rallying cry to party faithful.

With four byelections looming and the strong whiff of a federal fall election in the air, Harper mocked Liberal Leader Stéphane Dion last night as a weak leader who has never made good on his threat to defeat Harper's government.

Harper said the current Parliament "has become quite a soap opera."

Conservative caucus members, candidates and about 400 party activists attended a party barbecue last night at the Croatian Parish Park in Mississauga.

They cheered as Harper taunted Dion, and boasted of his own government's record of cutting taxes, toughening criminal laws and consumer safety regulations, and pouring money into infrastructure.

Mississauga Mayor Hazel McCallion attended the rally, at which Harper played up his Toronto-area roots.

Harper is making a push through what his aides call the "vote-rich" region that three federal party leaders will target this week. Today he will make an announcement at Hamilton General Hospital.

TORSTAR NEWS SERVICE

JACQUES BOISSINOT/THE CANADIAN PRESS

Former prime minister Jean Chrétien speaks at the Canadian Bar Association annual meeting yesterday in Quebec City where he blasted Prime Minister Stephen Harper for not going to China.

Minister defends NAFTA's worth in U.S.

CRITICISM Industry Minister Jim Prentice talked up the North American Free Trade Agreement in the United States yesterday in an attempt to counter criticism of the trade pact south of the border.

"I think there is a general understanding … of the benefits … a three-way arrangement between ourselves, the United States and Mexico has brought to all three," he said.

With manufacturing jobs disappearing in the United States, there is a growing chorus of voices blaming the free trade deal for bleeding off jobs to Canada and Mexico.

Prentice said half the battle in dealing with American officials and business leaders is reminding them Canada is their largest trading partner, including in energy sources.

"On oil alone, Canada has been the largest supplier to the U.S. since 1999 — not Saudi Arabia, not Kuwait, nor any other producer from the Organization of the Petroleum Exporting Countries."

TORSTAR NEWS SERVICE

"On oil alone, Canada has been the largest supplier to the U.S. since 1999 — not Saudi Arabia."
Industry Minister Jim Prentice

Docs rebuke Clement for Insite stance

CENTRE Federal Health Minister Tony Clement contends safe injection sites may violate the standards of medical ethics, a position that earned him a crisp and swift rebuke from the country's largest doctors' group.

Speaking to the Canadian Medical Association's annual assembly, Clement stepped up his attacks on Insite, a controversial supervised injection centre in Vancouver's heroin-blighted Downtown Eastside, where intravenous drug users are allowed to shoot up.

Dr. Bonnie Cham, who presides over the CMA's ethics committee, was applauded loudly when she said "the use of medical ethics to justify a political decision … is troubling at best and misleading at worst."

In a news conference after the speech, outgoing CMA president Brian Day said Clement was "off base." TORSTAR NEWS SERVICE

Aid groups review security

THREAT Aid groups say they remain committed to helping the Afghan people but are reviewing security in the wake of the latest threat from the Taliban.

An "open letter" from the Taliban calls on Canadians to persuade their government to pull out of Afghanistan or face more attacks like the one that killed two Canadian aid workers and an American last week south of Kabul.

THE CANADIAN PRESS

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Yorkdale Mall
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2501 Yonge St. (at Castlefield)
155 - 720 King St. W
464 Danforth Ave.
199 Bay St. (Commerce Court)
130 King St. W
363 Front St. W (City Place)
5015 Yonge St.
5 - 500 Church St.
3 - 2610 Weston Rd.
1006 St. Clair Ave. W
25 Davenport Rd.

WEST

Burlington Mall
Mapleview Mall
Milton Crossroads Centre

Brampton
Bramalea City Centre
Shoppers World
60 Great Lakes Dr.
(inside Home Depot)
2880 Queen St. E
(Hwy. 7 & Airport Rd.)
10 - 80 Pertosa Dr.

Mississauga
Dixie Outlet Mall
Erin Mills Town Centre
Heartland Town Centre
Square One
Winston Churchill & 401
Woodchester Plaza
6535B Mississauga Rd.
G16 - 3024 Hurontario St.
1A - 1370 Dundas St. E
9 - 34 Bristol Rd. E
2 - 4920 Tomken Rd.
101 - 6200 Dixie Rd.

Oakville
Oakville Place
RioCan Burloak
299 Lakeshore Rd. E
18 - 2501 Third Line
D3 - 2335 Trafalgar Rd.
760 Pacific Rd.

NORTH

Maple
3 - 10019 Keele St.

Markham
Georgian Mall
Markville Shopping Centre
Pacific Mall
Upper Canada Mall
21 - 95 Royal Crest Crt.

Richmond Hill
Hillcrest Shopping Centre
4 - 11005 Yonge St.
6 - 25 West Beaver Creek Rd.
9301 Bathurst St.

Thornhill
Promenade Mall
7171 Yonge St.
8117 Yonge St.

Vaughan
Vaughan Mills Outlet Mall
3 - 4000 Hwy. 7

Woodbridge
A7 - 4220 Steeles Ave. W

EAST

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Israel working on unmanned battlefield vehicle

An army magazine says Israel is working on an unmanned vehicle that would evacuate wounded soldiers from the battlefield. The soldiers' weekly Bamahaneh reports that development is in the early stages and deployment is years away. THE ASSOCIATED PRESS

World

Scent of prison

The reputed acting boss of the Gambino organized crime family has been put behind bars for two years as part of a plea deal. John (Jackie Nose) D'Amico was sentenced yesterday in New York. He pleaded guilty in May to extorting a cement company.

THE ASSOCIATED PRESS

'Forgive my mistakes'

Pervez Musharraf announced his resignation as Pakistan's president yesterday. Here is what he and others in Pakistan had to say about it.

"I am going with the satisfaction that whatever I have done was for the people and for the country ... I hope the nation and the people will forgive my mistakes."
— Pervez Musharraf

"Today the shadow of dictatorship that has prevailed for long over this country, that chapter has been closed. It hasn't happened very easily. We passed through a long struggle and we had come very close to the process of initiating impeachment."
— Information Minister Sherry Rehman, a member of the main ruling Pakistan People's Party.

EMILIO MORENATTI/THE ASSOCIATED PRESS

Outgoing Pakistan President Pervez Musharraf is surrounded by top military officers yesterday as he leaves the Presidential House in Islamabad, Pakistan.

"The crimes of Musharraf against the nation, against the judiciary, against democracy and against rule of law in the country cannot be forgiven by any party or individual."
— Ahsan Iqbal, a senior official with the second largest party in the ruling coalition, which has sought a treason trial for Musharraf.

"I am extremely proud of my country. Soon after my mother's martyrdom, I had said that democracy is the best revenge and today it is proved. The biggest hurdle in the way of democracy has been removed."
— Bilawal Bhutto Zardari, son of slain ex-prime minister Benazir Bhutto and her official successor as head of the Pakistan People's Party.

"He was a gentleman, and that's why he quit in a decent way. Let's see now who takes over as president. I bet someone worse might take the office."
— Ameer Alam, a grocery store employee in the southern city of Karachi.

THE ASSOCIATED PRESS

Russian troops continue to roam freely in Georgia

CONFLICT Russia said yesterday it had begun withdrawing from the conflict zone in Georgia, but it held fast to key positions and sent some of its troops in the opposite direction — closer to the Georgian capital.

Russian troops and vehicles roamed freely around the strategically located central city of Gori and Russian forces appeared to blow up the runway at a military base in the western town of Senaki.

There were few signs Russia was following the terms of a ceasefire to end the short war, which has driven tensions between Russia and the West to some of their highest levels since the breakup of the Soviet Union.

THE ASSOCIATED PRESS

News in brief

STORM Two years since a hurricane last lashed at Florida, many residents were taking a wait-and-see attitude yesterday as a strengthening tropical storm Fay bore down on the Florida Keys and Gulf Coast. At 5 p.m. yesterday, Fay was about 230 kilometres of Fort Myers and moving north-northwest at about 20 kilometres per hour. Sustained winds were about 100 km/h with some higher gusts.

FUNERAL Sandy Allen, recognized as the world's tallest woman at 7-feet-7, was remembered at her funeral in Shelbyville, Ind., yesterday for her kindness and generosity as much as for her height.

THE ASSOCIATED PRESS

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Foreigners buy Canadian securities, Canadians sell foreign holdings
Statistics Canada says non-residents bought $7.2 billion in Canadian securities in June, while Canadians sold $9.5 billion in foreign stocks, bonds and short-term paper in the face of a troubled U.S. credit market. THE CANADIAN PRESS

Business

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EDITOR: FERMIN DESOUZA, FERMIN.DESOUZA@METRONEWS.CA

No deals yet: Expert

'Tween retailer Siblings and stationery supplier Staples Business Depot say they have slashed prices. But consumers hoping to find real back-to-school shopping deals may be disappointed.

Many Canadian retailers are still charging significantly higher prices than their U.S. counterparts despite last year's sharp rise in the relative value of the loonie, said Doug Porter, deputy chief economist with BMO Capital Markets.

> **"Prices are still well above those in the U.S."**
> Doug Porter

"Prices are still well above those in the U.S.," said Porter, who has conducted two studies on the topic over the past year. The gap had narrowed, he noted in June, from 24 per cent to 18 per cent.

Canada's retailers say they're doing their best to pass on any cost savings they can negotiate with suppliers.

Retail sales were flat in June, totalling $14.5 billion seasonally adjusted, the same as in May.

TORSTAR NEWS SERVICE

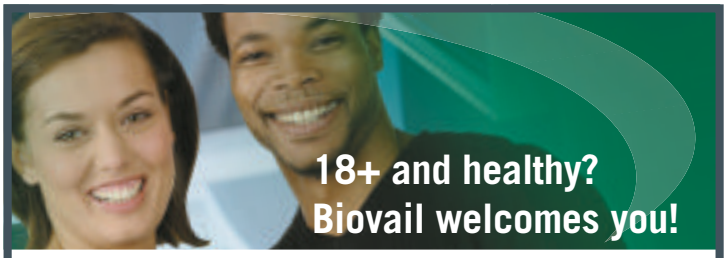
Rogers to launch BlackBerry Bold

SMARTPHONE The high-speed BlackBerry Bold that's aimed at global business users who want features such as fast Internet access, GPS and video will be launched in Canada Thursday by Rogers Wireless. THE CANADIAN PRESS

Business in brief

CREDIT Canadians' debt-to-income ratio — household debt compared with income — has increased from 122 per cent to 130 per cent in the last year, according to CIBC World Markets. Consumer bankruptcies rose by 3.8 per cent, with Quebec and Ontario leading the pack.

RETAIL Canadian Tire Corp. says it has struck a deal to sell and lease back 12 of its store properties for $174 million — about 4 per cent of its total real estate portfolio. The properties are located across Canada and include recently built or expanded Canadian Tire stores. THE CANADIAN PRESS



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Your Money

EDITOR: NINA DRAGICEVIC, NINA.DRAGICEVIC@METRONEWS.CA

Choose your guide wisely

SmartCookies

smartcookies.com

Thinking about starting your own business? Looking to make more money in your current position? Or thinking of moving into a new position altogether? If you answered yes to any of these questions, then what you need is a mentor.

Mentors have 'been there, done that' and can provide honest and thoughtful feedback. They can also answer your questions from a place of experience and insight. Each Smart Cookie has a mentor of her own and our business has assembled a Board of Advisors to help us with anything and everything needed to succeed.

So before you quit your day job to start a dog grooming empire, you might want to search out a profitable company doing just that and spend a few days seeing if you: A) actually like washing dogs and B) have the resources and energy needed to launch your own initiative.

"Mentors have 'been there, done that' and can provide honest and thoughtful feedback."

Here are some of our favourite tips on how to find a mentor:

Source out mentorship programs in your local area. A lot of these organizations are national programs with local chapters. Some require an annual fee to join. For that fee, you are connected with a mentor and also have the opportunity to attend monthly meetings. Often times there are events and educational seminars throughout the year where you can learn more about topics like negotiation, starting a small business, financing a business and much more. The FEW, or Forum For Women Entrepreneurs, is a Smart Cookie favourite and we have been lucky to gain one of our own mentors here. To learn more check out fwe.ca.

Use your network wisely. We all have a network of friends and family. And often these people are eager to offer up their support and even their own connections. Why not take full advantage of the fact that these individuals want to lend a hand? If it is you who is approaching contacts for help, be sure to be clear about your expectations, and be open and willing to learn from these people. And most importantly, if you need something, ask. What's the worst that can happen?

Blogs, blogs and more blogs. Mentoring doesn't have to take place face-to-face or even over the phone. The advice that you need can sometimes come in the form of online experts. Blogs, such as Loaded Bow (loadedbow.wordpress.com), seek out the experience and accomplishments of entrepreneurs in hopes that it may benefit others. We like Google Reader because we can get our favourite blog updates fed directly to our email accounts. Visit commoncraft.com/rss_plain_english for more information.

Questions? E-mail smartcookies@metronews.ca.

Tune in Wednesday night at 9 p.m. EST/PST on the W Network and be sure to visit smartcookies.com for more tips.

InvestmentPerspective

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Reader wonders: Why buy?

MoneyMatters

Henry Choo Chong

choochonghcga@yahoo.ca

Q Since university, I have rented an apartment for the past seven years. This has given me an opportunity to save and invest without the obligations of a mortage and enlarging profit margins for banks. Home ownership is another mechanism used by the large financial institutions to own people. Why do so many people decide to own a home? Gerry

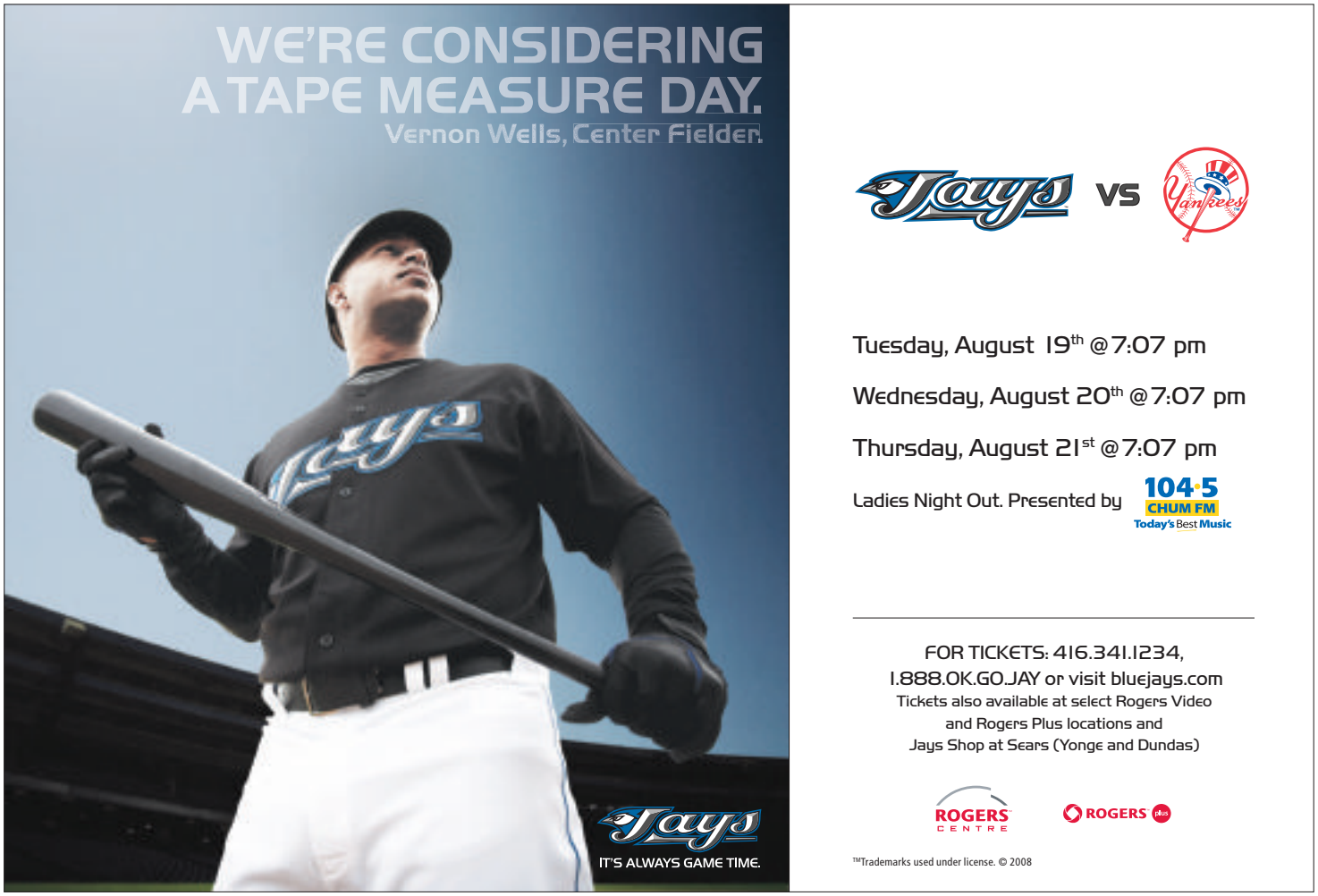
A Over the past decade, Toronto homeowners have benefitted from an average of 6 per cent tax-free increase in values. Not shabby, particularly when compared to GICs, savings accounts, many stocks and any stash beneath a bedroom mattress. All these are taxable on the returns (aside from the mattress) and you cannot live in them.

Although homeownership has financial paybacks, the emotional satisfaction is the greatest. People take pride in their home, from the dirt in their fingernails from growing plants to weekly visits to their chiropractor after buiding a new deck.

For many, buying a home is a form of forced saving and the only asset for their retirement: house continues to be the most valuable asset.

Dreams are part of life, without them, sleep would be eight hours of nothingness.

Henry Choo Chong, CGA provides professional accounting and taxation solutions, choochonghcga@yahoo.ca.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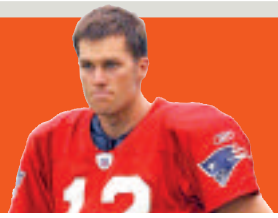
Orton tabbed as Bears starting QB

Kyle Orton was selected to be the Chicago Bears starting quarterback by coach Lovie Smith yesterday. Orton won the competition with Rex Grossman for the starting job. THE ASSOCIATED PRESS

Sports



Brady could miss next game

Quarterback Tom Brady, left, isn't sure if a foot injury will sideline him from the Patriots' third exhibition game Friday night after he sat out the first two. The injury is on the same leg but different from the right ankle injury the quarterback suffered in last season's AFC championship game against San Diego, the NFL's reigning MVP said in a radio interview yesterday. THE ASSOCIATED PRESS

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

VICTOR DECOLONGON/GETTY IMAGES

Toronto FC midfielder Maurice Edu is reportedly headed to the Glasgow Rangers of the Scottish Premier League for a $5 million transfer fee.

Rangers snag Edu from TFC for $5M fee

SOCCER Toronto FC has lost U.S international midfielder Maurice Edu to Scotland's Glasgow Rangers.

The $5-million U.S. transfer from the MLS side is subject to a work permit being granted but the 22-year-old has agreed to a five-year deal, the Scottish team said.

A spokesman for Toronto FC said yesterday the deal had not yet been approved by MLS but a source in Toronto indicated that the move was happening. Rangers trumpeted the news on its website yesterday.

Edu was the MLS's 2007 young player of the year while with Toronto. Edu has played in 38 games for Toronto, scoring five goals.

THE CANADIAN PRESS

World Cup hopes heat up

Canada prepares for Jamaica in a 'now or never' qualifying campaign

When asked what gave Canada's national team an edge over the squads they'll face in the next round of World Cup qualifying, head coach Dale Mitchell chose diplomacy, electing instead to praise the overall quality of his team's next few opponents.

Houston Dynamo star Dwayne De Rosario was a little more specific, saying that among Jamaica, Honduras and Mexico — their opponents in the group stage of World Cup qualifying — the Canadian team's aggressiveness sets it apart.

But fellow midfielder and Scarborough native Julian de Guzman gave the most straightforward, and optimistic, assessment of the team, its quality and its prospects.

"It's the best team I've ever played with," said de Guzman, who plays for Deportivo La Coruna in the Spanish first division and was named the club's MVP last season. "It's now or never … If we can't (qualify for the World Cup) now, then we're never going to get it done."

After dispatching St. Vincent in June, Canada's qualifying odyssey for South Africa 2010 begins for real tomorrow night, when they open group play here against Jamaica.

Yesterday's two-hour session was one of just two the team will have before the game. With several key players missing and the remainder getting familiar with each other again, the practice started slowly, but Mitchell was impressed with how it ended.

"It took a while to get them going," said Mitchell, who in 1986 played on the only Canadian team to reach the World Cup. "(But) by the end of the session the ball was buzzing around."

TORSTAR NEWS SERVICE

RENE JOHNSTON/TORSTAR NEWS SERVICE

Julian de Guzman, left, controls the ball as Ali Gerba, right, gives chase during the Canadian national soccer team's practice at BMO Field yesterday. Canada takes on Jamaica tomorrow.

SCOREBOARD

MLB

YESTERDAY'S RESULTS

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Detroit at Texas
Oakland at Minnesota
Seattle at Chicago White Sox

NATIONAL LEAGUE
Pittsburgh 5 N.Y. Mets 2
San Francisco 5 Atlanta 0
Houston at Milwaukee

TONIGHT'S GAMES

AMERICAN LEAGUE
Boston at Baltimore, 7:05
Kansas City at Cleveland, 7:05
N.Y. Yankees at Toronto, 7:07
L.A. Angels at Tampa Bay, 7:10
Detroit at Texas, 8:05
Oakland at Minnesota, 8:10
Seattle at Chicago White Sox, 8:11

NATIONAL LEAGUE
Washington at Philadelphia, 7:05
Atlanta at N.Y. Mets, 7:10
Houston at Milwaukee, 8:05
Cincinnati at Chicago Cubs, 8:05
Pittsburgh at St. Louis, 8:15
San Diego at Arizona, 9:40
Colorado at L.A. Dodgers, 10:10
Florida at San Francisco, 10:15

CFL

EAST DIVISION

	W	L	T	PTS
Montreal	5	3	0	10
TORONTO	3	5	0	6
Hamilton	2	6	0	4
Winnipeg	2	6	0	4

WEST DIVISION

	W	L	T	PTS
Saskatchewan	6	1	0	12
Edmonton	4	3	0	8
Calgary	4	3	0	8
B.C.	4	3	0	8

WEEK 9

THURSDAY'S GAME
Saskatchewan at Edmonton, 9

FRIDAY'S GAME
Calgary at B.C., 10:30

SOCCER

GAMES FEATURING TORONTO FC:

SATURDAY'S GAME
New England and **TORONTO**, 7:30

NHL nixes Radulov compensation

NHL The NHL refuses to entertain compensation offers from a newly formed Russian hockey league for the signing of forward Alex Radulov while the player was under contract with the Nashville Predators.

And until Radulov's contract with the Predators is honoured, the NHL won't consider negotiating a player transfer agreement with the Continental Hockey League, NHL deputy commissioner Bill Daly told The Associated Press in an e-mail yesterday.

"The bottom line from our perspective is that the player has a contract, which our rules obligate him to respect," Daly said.

THE ASSOCIATED PRESS

Sports in brief

NFL The Cincinnati Bengals are close to reaching an agreement with free-agent receiver Chris Henry, a source told ESPN.com last night. Henry is en route from Charlotte, N.C., to Cincinnati to sign a contract with the team as early today, the source said. Henry was released in March by the team following his fifth arrest in three years.

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Bell having a laptop just got better

Water polo

Kevin Graham scored two goals as Canada (0-5) lost their final preliminary-round game 12-3 to Hungary yesterday and will play in the classification bracket. THE CANADIAN PRESS

Beijing Games

EDITOR: JONATHAN P. KUEHLEIN, SPORTS@METRONEWS.CA

Canada loses, but still advances

SOFTBALL Canada lost 6-0 to Japan, but still advanced to the medal round of the Olympic softball tournament thanks to some help from Australia.

Japan got six shutout innings from Yukiko Ueno as Canada's record dropped to 3-4. But the Canadians still advanced when Australia beat Venezuela in yesterday's late game.

Canada will face Australia in the medal round tomorrow.

Groves suffers broken elbow

TRIATHLON Canadian Lauren Groves broke a bone in her left elbow after crashing during yesterday's women's triathlon at the Beijing Olympics.

The Vancouver native was in a small group chasing the lead pack when one of the other cyclists went down in front of her and several of them tumbled to the ground.

Emma Snowsill of Australia won the gold.

Pair closing in on track medals

ATHLETICS Two Canadian track athletes have put themselves in medal contention.

Priscilla Lopes-Schliep of Whitby, Ont., is through to today's final of the women's 100-metre hurdles. And Jared Connaughton of New Haven, P.E.I., moved on to the semifinals of the men's 200 metres.

THE CANADIAN PRESS

KIN CHEUNG/THE ASSOCIATED PRESS

Ian Millar of Perth, Ont., rides In Style during the Olympic equestrian team show jumping competition yesterday in Hong Kong. The 61-year-old Millar and his Canadian teammates won silver.

PAUL CHIASSON/THE CANADIAN PRESS

Toronto's Karen Cockburn won her third medal in as many Olympic Games yesterday when she claimed silver in the women's trampoline competition in Beijing.

Silver linings for Canadians

Cockburn claims third Olympic medal, Millar wins first in nine tries

Silver medals from Karen Cockburn and the nation's equestrian team gave Canada its third straight multi-medal day at the Beijing Games.

Toronto's Cockburn won her third Olympic medal in as many Games yesterday, taking silver in women's trampoline and the equestrians followed with a silver in show jumping.

Cockburn, who won silver in 2004 a bronze in 2000, finished with a score of 37.0. "It's still hard to believe," the 27-year-old from Toronto said.

"I just started this sport for fun and it wasn't an Olympic sport.

"Then it got into the Olympics, I went to three Games and I have a third medal. I'm still trying to soak it in, I think."

He Wenna of China won with a score of 37.80 while Ekaterina Khilko of Uzbekistan took the bronze at 36.90.

After Cockburn's triumph, Ian Millar of Perth, Ont., Jill Henselwood of Oxford Mills, Ont., Eric Lamaze of Schomberg, Ont., and Mac Cone of King City, Ont., took silver in show jumping after losing a jump-off with the United States.

The U.S. won gold when their first three riders executed clean rounds in the jump-off. Henselwood, Canada's lead rider, had picked up four faults.

Norway won bronze.

It was Millar's first medal in nine Olympic appearances, and the Canadians did it with just three riders. Cone had to withdraw after his horse, Ole, sustained a minor injury during Sunday's first round.

Four riders normally compete for each team, with the best three rounds counting.

"I remember back in the early 70s when I had a disastrous Grand Prix, my wife, Lynn, said to me, 'Don't worry, you're going to be a late bloomer,'" said Millar. "And so the Olympics don't go well and I'd say, 'Lynn said I'm a late bloomer, I'll go to the next one.' And sure enough, guess what happened? I bloomed."

THE CANADIAN PRESS

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Paris $274 — Travel Oct 5-Oct 12/ts +taxes & surcharges $395

Athens $599 — Travel Sep 14-Sep 22/ts +taxes & surcharges $395

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Paris $1209 — *Tryp Blanche Fontaine* + $403 taxes & fees
INCLUDES roundtrip airfare to Paris and 5 nights 3-star hotel accommodation with daily breakfast. Departs Oct 21. ADD the *Da Vinci Code* walking tour for $32.

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Athletics
Yelena Isinbayeva of Russia, left, has broken her own world record in winning a second consecutive Olympic pole vault gold medal. Isinbayeva set the mark of 16 feet, 5.05 metres on her third and final attempt at that height yesterday. THE ASSOCIATED PRESS

Beijing Games

Medal count

Rank	Nation				Total
#1	U.S.	22	24	26	72
#2	China	39	14	14	67
#3	Russia	8	13	15	36
#4	Australia	11	10	12	33
#5	France	4	11	13	28
#6	Britain	12	7	8	27
#7	Germany	9	7	7	23
#8	South Korea	8	9	6	23
#9	Japan	8	5	7	20
#10	Italy	6	6	6	18
#11	Ukraine	5	3	8	16
#12	Netherlands	3	5	4	12
#13	Cuba	1	5	5	11
#14	Belarus	1	3	7	11
#15	Canada	2	3	4	9
#16	Romania	4	1	3	8
#17	Spain	3	3	2	8
#18	Kazakhstan	1	3	4	8
#19	Poland	3	3	1	7
#20	Kenya	2	3	2	7

(Count at the end of Day 10)

Baseball team's hopes all but finished after loss

BASEBALL Canada's hopes of advancing to the Olympic baseball semifinals are on life support after falling to Japan 1-0 yesterday.

A fourth straight one-run loss dropped the Canadians to 1-4 at the Beijing Games, and their chances of reaching the final four now depend on wins versus the Netherlands and Taiwan in their remaining two games and a boatload of help from other teams.

Begg

"All we can do now is go back and see how it all plays out," said manager Terry Puhl. "We'll come out (today) and compete and play the way Team Canada is supposed to play."

Starter Chris Begg of Uxbridge, Ont., was strong pitching into the sixth inning but his one big mistake, Atsunori Inaba's solo shot leading off the fifth, was the difference.

THE CANADIAN PRESS

Perseverance pays off for elite athletes

Olympic all-stars rebound after team failures

YorkReport

Marty York

marty.york@metronews.ca

Adam van Koeverden is a kayaking king, a heavy favourite for Olympic gold this week.

And, yet, it wasn't all that long ago when this same young man from Oakville, Ont., suffered from an inferiority complex.

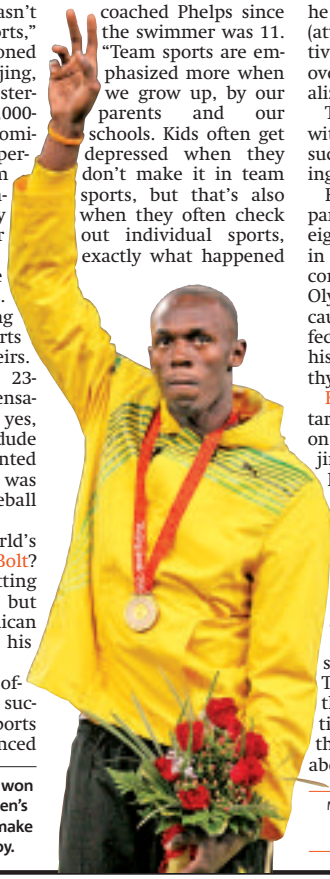
"I used to feel weird in gym class (less than 10 years ago) because I wasn't good at any team sports," van Koeverden mentioned before he flew to Beijing, where he qualified yesterday for the men's 1,000-metre final with a dominating opening-heat performance he led from start to finish. "I felt inferior. I couldn't really dribble a basketball or kick a soccer ball."

What's remarkable is how common this is. Many athletes in Beijing flopped in other sports before turning to theirs.

Would you believe 23-year-old swimming sensation Michael Phelps — yes, the same American dude with the unprecedented eight gold medals — was cut by a kid's baseball team?

Oh, and the world's fastest man, Usain Bolt? He's a record-setting sprinter, of course, but couldn't crack a Jamaican soccer team during his pre-teens.

"It's amazing how often you see athletes succeed in individual sports after they've experienced setbacks in team sports," said Bob Bowman, who has coached Phelps since the swimmer was 11. "Team sports are emphasized more when we grow up, by our parents and our schools. Kids often get depressed when they don't make it in team sports, but that's also when they often check out individual sports, exactly what happened with Michael."



Jamaica's Usian Bolt, who won gold on Saturday in the men's 100-metre race, failed to make a local soccer team as a boy.

Bowman spotted Phelps as a pool prodigy in Baltimore. It was Bowman, a college swimmer-turned-coach with a degree in child psychology, who convinced Phelps' parents he had the talent to develop into an Olympic star.

"He lacked confidence at first," Bowman said. "And he was battling a disease (attention deficit hyperactivity disorder). But he overcame all that as he realized his strengths."

The Olympics are laden with stories about athletes succeeding after overcoming adversity.

Rower Dominic Seiterle, part of the Canadian men's eight team that won gold in Beijing, couldn't even compete at the 2004 Olympics in Athens because of a serious blood infection that almost took his life. He also overcame thyroid cancer.

Karen Cockburn, the Ontarian who garnered silver on the trampoline in Beijing, was under a knife less than a year ago after tearing cartilage in a knee. And then there was Ontarian Ian Millar finally winning a silver in equestrian, in his ninth Olympics appearance, at age 61.

Remarkable comeback stories go on and on. They're as fascinating as the Olympic competitions themselves. And they teach us nifty lessons about perseverance.

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Your Health

Weight loss for men

Men lose weight differently than women do, partly because they have always been encouraged to eat bigger portions of food, says Harvey Brooker in his new book, It's Different For Men (Wiley, $27.95). For more, go to harveybooker.com.

SPECIAL FEATURES EDITOR: STEPHANIE BOMBA, STEPHANIE.BOMBA@METRONEWS.CA

Walk on the wild side

Urban poling gaining in popularity in Canada

LEYLA EMORY
for Metro Canada

Despite the suggestive name, urban poling — a.k.a. Nordic walking — is not quite as sexy as its sultry cousin, pole dancing. But it's just as physical and just as hot.

"If you're out for a walk in Germany and you don't have poles, people kind of look at you funny," says Barb Gormley, owner of CustomFit Personal Training and Ontario master trainer for the Nordic walking company Urban Poling.

The trend of walking with poles has taken off in Vancouver and is building a reputation in Toronto.

"In one of my classes we're known as the chicks with sticks. We're there with the dog walkers, the runners and everybody else," says Gormley.

"There are more and more of us around for sure."

To date, Gormley has certified between 150-200 people, some of whom are teaching up to eight urban poling classes a week, she says.

Part of the attraction is it's easy, both on the budget and the bones.

"You don't have to go out and buy anything fancy . . . wear what you would for a power type of walk," she says. "It's not an expensive sport. The poles are about $100 and you'll have them for a lifetime."

The titanium rods, with their rubber boot tips, absorb impact, making urban poling easier on the joints.

"You're offloading weight from your lower body into the poles, so people who have knee or hip problems can walk further without pain," Gormley explains.

Leticia Kurucz, a 39-year-old with osteoarthritis in her knees, credits urban poling for her ability to walk at all.

"Around this time last year, I wasn't able to walk," says Kurucz, "I started [urban poling] and began noticing improvement in my knees."

Kurucz now joins Gormley every Sunday and goes out on her own at least three to four times a week for 45 minutes to an hour.

"It's a lot easier on the joints," says Leigh Davis, a physiotherapist at On the Mark.it Physiotherapy & Sports Injury Clinic.

"It would be a great transition point for those with joint-related injuries," he says. "You could move from a bike to Nordic walking and back to running or walking on a treadmill."

But why would you want to? Like another favourite pastime, urban poling burns calories without letting on that you're doing it.

"Your heart rate is higher, you're working harder, but the level of perceived exertion is not higher," Gormley says. "Nobody's really been able to explain that to me but it's just another bit of good news. It's all good news."

COURTESY OF BARB GORMLEY

You can burn up to 40 per cent more calories when Nordic walking, a.k.a. urban poling.

DEREK GRIFFITHS PHOTO

Katarina Simons, left, and Barb Gormley go for a Nordic walk.

What is it?

- Nordic walking began as a summer training routine for competitive cross-country skiers. Participants use two specially designed poles to work the upper body while walking. Like cross-country skiing, the poles are used by the arms to match each stride the person takes.
- Up to 40 per cent more calories are burned when Nordic walking, compared to walking without poles.

METRO NEWS SERVICES

"In one of my classes we're known as the chicks with sticks. We're there with the dog walkers, the runners and everybody else."
Barb Gormley

Ear infections may damage taste nerves

A history of severe ear infections or tonsil trouble may increase the chances of being obese later in life, according to scientists, BBC News Online reports.

About a third of children get recurrent otitis media, and research presented at a U.S. conference suggests a link.

Infections may affect food choices by damaging nerves involved in taste, the researchers said.

However, a number of U.K. experts raised doubts about the findings.

Five separate studies aired at the American Psychological Association's conference hinted at an association between either ear infection or tonsil removal surgery and obesity.

"A connection is not impossible, but to be frank, is extremely unlikely," said Professor Mark Haggard, from the charity Deafness Research U.K.

Adult obesity, clumsiness linked

RESEARCH Clumsy and poorly co-ordinated children could be at higher risk of obesity in later life, a study says, according to BBC News Online. Researchers found youngsters who performed least well in tests assessing cognitive and physical function were far more likely to be obese at 33.

The research was published online by the British Medical Journal.

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Go for a soak

Immersing your body in a hot tub — heated to 37 C to 40 C — can alleviate mental stress and strain by calming you down and forcing your mind and body to relax. NEWS CANADA

Spice up your workout

TORSTAR NEWS SERVICE PHOTOS

Taking an aqua sculpt class or using kettlebells, below left, are two ways to freshen up your workouts.

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Fed up with your ho-hum gym routine? Try one of these fresh workout ideas.

Yoga plus weights

You'll get: Stronger, calmer, more limber.
Why it works: Vinyasa yoga with weights offers the flexibility building and core strengthening of yoga coupled with strength training. Resistance training can offset age-related muscle loss, says Libby Norris, a Toronto fitness trainer (otherwise we lose one-quarter to one-half pound of muscle every year after the age of 25).
All you need: A pair of one- to two-kilogram dumbbells and a yoga mat, and registration in a class. At-home DVD: Kathy Smith's Yoga Sculpt or Denise Austin's Yoga Body Burn.
Try this move: Chair pose with hammer curl. Hold a pair of dumbbells and stand with your feet together, knees slightly bent. Keeping your chest lifted and back straight with your palms facing each other and elbows tight to your sides, curl the dumbbell toward your shoulders. Pause at the top of the curl for two counts, then lower the weights with control. Repeat 10 to 12 times.

Kettlebells

You'll get: Total body toning, fat loss.
Why it works: Lifting kettlebells boosts functional fitness (which helps with everyday movements, such as hefting groceries) and burns up to 400 calories in 30 minutes. Be progressive, says Keli Roberts, a Pasadena, Calif., fitness educator and trainer: Add repetitions or gradually use heavier kettlebells as you get stronger.
All you need: One kettlebell (start with eight kilograms), available at most sporting goods stores. Join a group class at your gym or local rec centre, or pop in a DVD at home (try Kettlebells the Iron Core Way).
Try this move: Triceps extension. Hold the kettlebell by the handle. Press it up over your head, then lower it slowly behind your head. Bring it back up to the press position using your triceps. Repeat 10 to 12 times.

Aqua sculpt

You'll get: Better posture, total body strength.
Why it works: Water's resistance and buoyancy allows for a great workout without any stress on your joints, so it's great for beginners. "You don't even have to swim to do this," says Fredericton-based personal trainer Susan Cantwell, author of No More Excuses! Breakthrough Thinking for Real Weight Loss, pointing to its popularity among those with osteoarthritis.
All you need: A bathing suit and a swimming pool where classes are offered. At-home DVD: The Noodle Workout.
Try this move: Chest press with lunge. Stand in chest-high water, with feet shoulder-width apart for stability. Holding styrofoam dumbbells in each hand at chest level, take a large step forward; at the same time, use your arms to push water away from you. Return to the start position and alternate with the other leg. Repeat 10 to 12 times on each side.

Zumba

You'll get: Cardio exercise and confidence.
Why it works: High-energy Latin music and dance moves make for a great aerobic workout. "You get lost in both the music and the movement — the added benefit is that you are getting a great caloric burn," says Krista Popowych, a Vancouver-based fitness professional.
All you need: Comfy clothes, running shoes and a class. At-home DVD: Zumba Fitness.
Try this move: Warm-up squat. Stand with your feet shoulder-width apart and arms at your sides. Bend your knees into a squat and bring your arms up into an arch (only your arms should move). Repeat several times to raise your body temperature and get your muscles and heart pumping.

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All you need: TRX Home Training Bundle includes webbing rope, door anchor, instructional guides and DVDs.
Try this move: Push-up. Once you master the easier push-ups from knees, add to the challenge by doing one or two with legs extended. You'll then be ready to add the TRX rope to your push-ups — increasing muscle tension, calorie burn and fat loss. Repeat 10 to 12 times.

– DIANE HART

Best Health is on newsstands now. For more, go to besthealthmag.ca.

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Treat those tired eyes
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JEFF J. MITCHELL/GETTY IMAGES

Stereotypes about body size can be misleading, a new study in Archives of Internal Medicine says.

Hefty, but healthy

Half of overweight adults normal: Study

You can look great in a swimsuit and still be a heart attack waiting to happen. And you can also be overweight and otherwise healthy.

A new study suggests a surprising number of overweight people — about half — have normal blood pressure and cholesterol levels, while an equally startling number of trim people suffer from some of the ills associated with obesity.

The first estimate of its kind bolsters the argument that you can be hefty but still healthy, or at least healthier than has been believed.

The results also show stereotypes about body size can be misleading, and that even "less voluptuous" people can have risk factors associated with obesity, said study author MaryFran Sowers, a University of Michigan obesity researcher.

"We're really talking about taking a look with a very different lens," Sowers said.

In the study, about 51 per cent of overweight adults, or roughly 36 million people, had mostly normal levels of blood pressure, cholesterol, blood fats called triglycerides and blood sugar. Almost one-third of obese adults, or nearly 20 million people, were in this healthy range, meaning none or only one of those measures was abnormal.

Yet about a fourth of adults in the recommended weight range had unhealthy levels of at least two of these measures. That means some 16 million of them are at risk for heart problems.

It's no secret thin people can develop heart-related problems and that fat people often do not. But that millions defy the stereotypes will come as a surprise to many, Sowers said.

Even so, there's growing debate about the accuracy of the standard method of calculating whether someone is overweight. Health officials rely on the body mass index, a weight-height ratio that does not distinguish between fat and lean tissue.

A number of experts say waist size is a more accurate way of determining someone's health risks, and the study results support that argument.

Dr. Robert Eckel, a former American Heart Association president and professor of medicine at the University of Colorado, said the research may help dismiss some of the generalizations made about weight and health.

Study co-author Judith Wylie-Rosett emphasized the study shouldn't send the message "that we don't need to worry about weight."

But, for those without elevated risks, losing weight "might be important only from a cosmetic perspective," explained Wylie-Rosett, a nutrition researcher at Albert Einstein College of Medicine in New York.

The study appeared in Archives of Internal Medicine. THE ASSOCIATED PRESS

Overcome barriers to exercise

Being active and implementing an exercise program can help people with arthritis take charge of their disease. For the 4.5 million Canadians with arthritis, however, getting fit can be difficult. Pain, fatigue, lack of motivation and simply getting started are the biggest challenges.

Below are some tips on how to make an exercise plan a bit easier:

Working out is easier if you do it with a friend.

• **START SLOWLY.** Take on an exercise routine that is manageable for you. By starting small and increasing intensity over time, you can gain motivation by achieving realistic results.
• **SET A GOAL.** This will help you to stay focused on what you want to achieve and to inspire you when you hit barriers.
• **GET A BUDDY.** Find a friend or workout buddy who is able to exercise at the same intensity level as you are.
• **REWARD YOURSELF.** Treat yourself when you reach intermediate goals.
• **SET A SCHEDULE.** Plan workouts for the week or month, helping you make them part of your routine.
• **EXERCISE REGULARLY.** But adjust your program if you are in too much pain.
• **INCLUDE STRETCHING.** Make stretching and range of motion exercises a part of your exercise program.
• **KEEP A DIARY.** Journal your progress; keeping track of your exercises can help you understand and change patterns of pain.
• **AVOID PAIN.** Take acetaminophen before you exercise.
• **GO SHOPPING.** Invest in shoes that are comfortable and provide support for your feet. NEWS CANADA

Get velvety skin with lemons
After making a batch of lemonade, take the leftover lemon halves and rub your knees, elbows, heels and other dry spots. The vitamin C-rich pulp helps skin feel soft and silky. NEWS CANADA

Sleep key to well-being

Keeping your fitness routine intact through rain, sun and snow is key to maintaining a healthy lifestyle. But what many Canadians don't know is that one of the most important aspects of any routine is something we often lack the most: sleep.

If you're looking to keep fit, consider the following:

- The average adult needs roughly eight hours of sleep a night. Try to stay consistent by sleeping for the same amount of time and waking up at the same time each day, even on weekends.
- Give your body a chance to breathe: avoid exercising within three hours of bedtime.
- A quality workout begins well before you get to the gym. Make sure to get a good night's sleep the night before to ensure your energy levels are high the next day.
- Avoid taking a nap after a work-out as it can disrupt your sleep patterns, leaving you groggy and not fully rested in the morning. NEWS CANADA

Flexible fitness

VERONICA BOODHAN
for Metro Canada

With summer wrapping up, those hoping to shed a few pounds may find yoga beneficial.

The trendy fitness practice has been popular in North America for several years — but it can be a costly form of exercise.

That's why Passport to Prana, a promotion going into its third year, offers exclusive access to Toronto's top 30 studios.

"I wanted to come up with a way to bring more people into the practice of yoga," said YuMee Chung, creator of Passport to Prana. "The [yoga] students really benefit because they get to try out all of the different studios and different styles of yoga."

For $30, the passport provides access to one class at each studio. The cost works out to be $1 a class, if students go to each participating studio.

Yoga programs tend to vary, but there are certain styles that have more of an emphasis on weight loss.

> **"Over the longer term, people will see shifts in their body."**
> YuMee Chung

Styles such as Ashtanga, Jivamukti, Power, and Hot Yoga are more physically challenging, according to Chung. But slower forms, such as Hatha, Iyengar, Yin, and Restorative Yoga, can also be beneficial for the body.

"Whether it's a gentle or vigorous practice, over the longer term, people will see shifts in their body," said Chung. "[Yoga] practice brings you into a place where you're more mindful of your movements."

While an increasing number of gyms are offering yoga programs, styles that blend exercise with yoga can also be good for the body, says Chung. These styles include Iron Yoga, which mixes yoga practice with weight training, and Spinning Yoga, which involves bike spinning followed by yoga.

"People who do these styles of yoga see really fast results because they're cross-training and blending different approaches," she said.

While there are levels of difficulty in yoga, studios often offer various styles in beginner classes as an introduction.

"The thing about yoga practice is ultimately, you start in a studio setting but then you start to get familiar with the practice and you can bring it home," said Chung.

YuMee Chung created Passport to Prana, a promotion that gives Torontonians access to the city's top 30 studios for $30.
ROCK-IT PROMOTIONS PHOTO

Festival celebrates yoga

Yoga involves much more than performing physical poses to develop personal peace — and a new festival is aimed at celebrating that.

"The whole point of it is to activate the community," says Scott Petrie, a co-director of the not-for-profit Yoga Festival, set to run Friday to Sunday at the glittering National Ballet School space on Jarvis Street.

- Registration ranges from $115 for a half-day to $328 for a three-day pass.

For more information, see yogafestivaltoronto.org.

TORSTAR NEWS SERVICE

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Transit riders thinner

Densely populated areas boast lower rates of obesity, research shows

CELIA MILNE
for Metro Canada

Ongoing research in Canada shows that people who live in the urban core (and who use public transit) are generally thinner than suburbanites.

"Our research shows that people who take public transit have lower obesity rates than those who drive," says Lisa Votta, a senior researcher at the Canadian Institute for Health Information in Ottawa. "They are getting some physical activity walking to the bus stop or the subway, as opposed to using cars."

This parallels new research at the University of Utah that shows people who live in newer neighbourhoods (built after 1950) are more likely to be obese than those who live in older, more walkable neighbourhoods. Researchers studied the heights and weights, as well as neighbourhood characteristics, of nearly half a million residents of Salt Lake County. Older neighbourhoods that are densely populated and more friendly to pedestrians were associated with lower rates of obesity than those where people mostly drive.

KEVIN FRAYER/THE CANADIAN PRESS

New research at the University of Utah shows people who live in newer neighbourhoods (built after 1950) are more likely to be obese than those who live in older, transit-friendly neighbourhoods.

"Our research shows that people who take public transit have lower obesity rates than those who drive."
Lisa Votta, Canadian Institute for Health Information

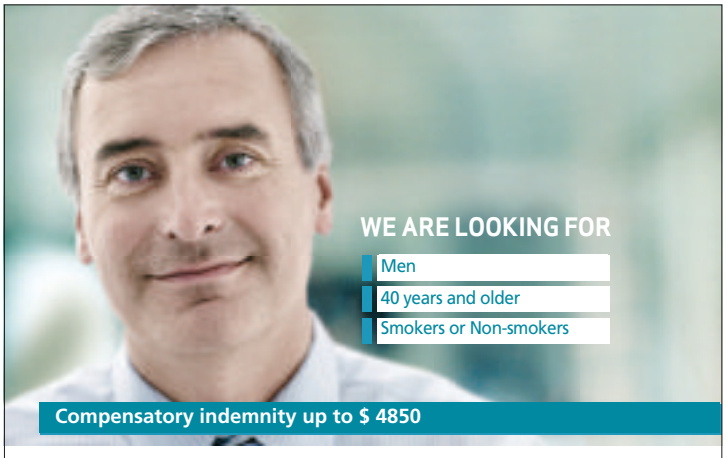
For instance, a typical woman of average height (five feet five inches) who lived in a walkable neighbourhood tended to weigh six pounds less than a woman living in driving-oriented area. For men, the difference was 10 pounds. The Utah study noted that about 70 per cent of men and 61 per cent of women in the U.S. are overweight.

For each daily extra hour spent in the car, the likelihood of obesity is raised by 6 per cent, says Votta.

Maximize your workout time

FITNESS Here are the three key principles to give you the most efficient weight-loss workout every time, courtesy of BootyCampFitness.com:

1. High intensity interval training (HIIT) – Forget walking for 60 minutes every day. Who has time for that? A 10 to 15 minute HIIT cardio workout burns more fat.
2. Combine resistance and cardio training – Not only do you burn more calories if you combine cardio with resistance training, but it boosts your metabolism after the workout because of the resistance portion.
3. Muscle is metabolism – You need to challenge your muscles by working them harder each time. Progressive strength training can be done with body weight, free weights or machines. NEWS CANADA



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The cleansing power of water

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Run to stay young

Study suggests delays onset of disability

Some benefits of regular running appear to be illustrated by a small study released recently, which began tracking people over the age of 50 back in 1984.

People who ran an average of about four hours a week when the study started were compared with a control group of healthy people who weren't regular runners. After 21 years of followup, researchers have found that everyone has more ailments, but the onset of such problems began later for the runners.

"They begin to get the earliest forms of disability about 16 years later than do the controls," said Dr. James Fries, the senior author of the study published in the Archives of Internal Medicine.

"They have the same or fewer knee replacements or destroyed knees. They have less musculoskeletal pain, they spend less money on medical care expenses, and by any metric that you use, they have benefited from their lifelong exercise habit."

Fries, a professor of medicine at the Stanford University School of Medicine, said his findings don't stand alone and are "entirely consistent" with those of other researchers who've addressed the question.

But back in 1980, it was a slightly different world.

At that time, Fries proposed a theory of aging called the compression of morbidity that was published in a journal, suggesting that we should try to prolong a high quality life and push the onset of chronic disability as far into advanced age as possible.

He thought humans should "compress the morbidity of the average life into a shorter and shorter period between when the disability comes and when one dies."

"This was a radical change in the way people were then thinking about it, and there were no real data," he explained in an interview from Stanford, Calif.

And so Fries embarked on this project, which began with annual self-administered questionnaires filled in by 538 members of a nationwide running club and 423 healthy controls from northern California who were 50 years and older beginning in 1984.

THE CANADIAN PRESS

People who ran an average of about four hours a week showed a slower onset of age-related ailments, say researchers.

An Olympian couch potato

HineSight

Anne Hines

The Olympic games. What better way to celebrate the power and majesty of human athleticism than to hole up on the couch for two weeks and watch it all on TV?

For those wishing to participate at the highest level of Olympic Watching here is The Couch Potato (our slogan: "Just view it!") Guide to the Olympics.

Tip #1: Move away from the remote and no one will get hurt.

In our house, deciding who gets control of the channel changer is a tougher event than Olympic wrestling. The key to enjoying Olympic viewing is not to develop "channel envy." This is a medically recognized, psychological condition described as: "The persistent and compelling feeling that whatever you're watching on CBC, something better is likely happening on NBC." A bad case of this has resulted in my missing the American men's gymnastics upset and every one of Phelps gold medal wins. I have, however, caught the tail end of 137 Coke ads.

Tip #2: Know your limit and watch within it.

For anyone who did not properly prepare for the upcoming Olympics by weaning yourself off the need to sleep, keep this in mind: just because you can stay up until 2 a.m. watching Norwegian women's ping pong finals, doesn't mean you'll respect yourself for it in the morning. Somehow, around midnight I become deeply committed to knowing the outcome of sports I previously had never heard of. Choose a viewing limit and when you reach it, turn off the TV. I mean, unless the men's skiff dinghy racing is on. Or the Cuban team is playing whirly ball. Or…

Around midnight I become deeply committed to knowing the outcome of sports I previously had never heard of.

Tip #3: Do your research: Taking time to do a little homework will enhance your enjoyment of the games.

As Canadians, it helps to make a list of countries less likely to get medals than we are. In years when our team is less than stellar, consider including countries that did not actually send any athletes. No matter how bad things get, we can shout, "We beat out Lower Bosnisia!"

Tip #4: Prep for post-Olympic blahs.

While the athletes may take home golds, silvers and bronzes, TV viewers are often left with the blues. Use this moment to commit yourself to the kind of rigorous endurance testing the Olympic games inspire. Then, rent all eight seasons of the Sopranos and go for gold.

Anne Hines is an author and humour writer. She has written three novels and one collection of nonfiction humour.

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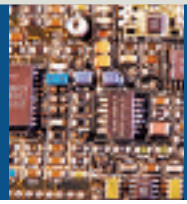
Toronto schools to assist internationally trained professionals

The federal and Ontario governments announced more than $11 million in funding to help internationally trained professionals strengthen their language skills. Ryerson University, Centennial and George Brown colleges, and the University of Toronto School of Continuing Studies received funds. METRO NEWS SERVICES

Workology



Super Toronto computer

The University of Toronto and IBM announced that the university's SciNet Consortium will acquire Canada's most powerful supercomputer. Performing 360 trillion calculations per second, the supercomputer will allow researchers working in fields such as aerospace and chemical physics to create more complex problems to solve. METRO NEWS SERVICES

EDITOR: DOUGLAS DUNLOP, DOUGLAS.DUNLOP@METRONEWS.CA

It takes two (sisters) to tango

Small Business

RAFAEL BRUSILOW
for Metro Canada

When opening a dance studio, it pays to know how to take the right steps.

Jane Scallon, 30, and her sister Anne Stevens, 28, are the co-owners of iDance studio opening Sept. 8 in Vancouver right across from the future Olympic Village. The two sisters are putting their personal savings as well as an early inheritance from their mother on the line to open the studio that will specialize in drop-in customers who just want a chance to take a quick dance class whenever it is most convenient for them.

Scallon and Stevens have both loved dance since they were young but decided to pursue other careers once life got in the way. Stevens worked previously in pharmaceutical sales while Scallon worked as a legal secretary, so both have some business know-how to go along with their passions for dance. Starting iDance seemed like a natural next step for them.

"Dance was always a passion for both of us so to reintroduce it into our lives seemed like a really good fit for us. It also fills a void that we felt existed in the market," Scallon said.

While a majority of dance studios charge high upfront tuition fees and most drop-in studios cater only to the most professional level of dancers, iDance hopes to turn the business model on its head and make convenient dance classes available to dancers of any skill level. The emphasis is on amateur or intermediate-level dancers who just want to have fun dancing while getting fit.

"It's low commitment — it's designed to be fun and fitness oriented and very non-intimidating. Our idea is to have it offered to adults as a fun alternative to the gym," Scallon said.

The studio will open offering a variety of contemporary styles like hip hop and jazz but the sisters hope to eventually have every dance style represented in classes as the studio grows in popularity. So far, the duo has hired eight full-time instructors to get things rolling. Customers can pay for each drop-in class separately, buy out a certain number of class entries, or pre-pay for a four-weeks at a time in advance.

Before committing to the studio, Scallon and Stevens did a few trial runs by renting studio space and running several drop-in classes of their own. The response was overwhelmingly positive.

Still, starting their own business has been a lot more work than either expected.

"The whole thing has been a huge learning experience. At every level it's been a new set of challenges. We've had to become very flexible and keep an open mind to all options, to look at things in the long term," Stevens said.

For more information, visit idance-studios.com.

PHOTO SUBMITTED

Anne Stevens, left, and Jane Scallon have opened a dance studio as an alternative to the gym.

"It's low commitment — it's designed to be fun and fitness oriented and very non-intimidating."
Jane Scallon

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DAY OR EVENING CLASSES

Sweden to terminate free education for non-Europeans
Starting in January 2010, Sweden will start charging tuition to non-European students attending the country's universities. A national student union association chair worries the proposal will lead to Swedish students, who enjoy higher education free of charge, paying fees. METRO NEWS SERVICES

Owners ought not to waste summer

The last few weeks of summer can be a useful time for small business owners whose companies are going through a slow period — they have a chance to tackle some of those tasks they've been putting off.

Some owners use summer downtime for big projects like writing an employee handbook, while others cross off more mundane items from their to-do lists, such as entering that pile of receipts into their accounting software.

It's probably safe to say that if you haven't done your strategic planning for the rest of 2008, that should be your priority. For example, what changes do you want to make to your products or services? How do you want to adjust your marketing program? What do you need to do to meet customer expectations that may well be changing in a more difficult business climate.

"Summer is a good time to get all this stuff done, in preparation for the fall," said Nancy Shenker, who owns theOnswitch, a marketing firm based in Thornwood, N.Y. "A mistake so many business people make is they wait until Sept. 1 to really gear up. They're really short shrifting themselves."

Among the items on Shenker's summer list: Developing a new business strategy for her firm and analyzing her financial statements and creating a forecast for the fall. She also assessed her staffing needs, wrote some articles and finished her company's employee handbook. And caught up on some reading.

Shenker said she actually has a to-do list with deadlines to meet during much of the year, so it was natural for her to have projects planned for the summer.

The slow days of summer are a good time for companies to update or make changes to their websites. Culling customer lists is also a good idea — not just to make record-keeping or mailings easier, but to help find some overlooked marketing opportunities. It's a widely held belief that it's a lot easier and a lot cheaper to market to someone with whom you've already done business.

This is also a good time to be looking over your costs and seeing what you can cut. And maybe to look for new vendors or suppliers; companies often stick with someone they're not thrilled with, or who they think is too expensive, just because there's no time to find somebody else.

It's also a time to think about employee issues — maybe this is a good time to get some annual performance reviews done. Then there's that employee handbook; some owners are motivated to put one together during the summer after having had friction over employees' summer vacation schedules. A handbook also can detail policies on sick time, promotions, benefits, dress code and the standard of behaviour that staffers are expected to meet. THE ASSOCIATED PRESS

Prioritize the situation

put the kids to work

- Given that there are just a few weeks left to summer, if your list is very long, it's probably a good idea to pick out the most important and most doable items. Enlist the help of employees if they also have time on their hands. Or bring the kids in to help with some of the simpler tasks.

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U.S. students, colleges not ready for each other

Several presenters at a recent U.S. forum argued that the U.S. government and colleges are doing very little to ensure students graduate. A report cites a "readiness problem" on the parts of students and colleges, as higher education policy tends to focus more on money than on student success. METRO NEWS SERVICES

What's the colour of your career?

It's long been understood that colour can affect your mood, but what about your career choices?

What do the colours you are drawn to say about your suitability for certain careers? The Color Career Counselor, a new online personality test offered by CareerBuilder, is the world's only validated colour-based personality test that looks at the relationship between colours and career compatibility. The free test can be found at careerpath.com, a CareerBuilder.com site that offers career assessment tests and advice to help workers find more fulfilling careers.

The system uses a scientifically validated, colour based online test to aid job seekers in determining what career best suits them.

"Seventy-four per cent of U.S. workers report they have changed careers at least once," said Liz Harvey, director of consumer products for CareerBuilder.com. "The first step in finding a fulfilling career is learning more about you. The Color Career Counselor is the first test of its kind to provide relevant career path information with results in less than two minutes."

A new survey offers some career information based on your favourite colours.

When taking the colour test, job seekers are asked to select the colours they like and dislike from a system of 3,375 combinations. Favourite colours represent their hopes and aspirations, the ideals they pursue with passion, while least favourite colours highlight the issues and experiences that they try to avoid. Below find preferred colour combination examples from the multi-patented Dewey Color System:

- **YELLOW, GREEN AND WHITE:** You're the designer. You make products, systems, services, or environments fit others' needs.
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Bittersweet performance at V-Fest
The Verve defied rumours of another split and headlined the U.K. version of the Virgin Festival last weekend. During its set, the band combined new material from its forthcoming album Forth with a host of fan favourites including Bitter Sweet Symphony. **MUSIC-NEWS.COM**

Entertainment

Iran gig delayed
A Chris de Burgh concert set for Iran this fall has apparently hit a snag, with the country's Culture Ministry denying it has granted authorization, CBC reports.
METRO NEWS SERVICES

EDITOR: TINA COSTANZA, TINA.COSTANZA@METRONEWS.CA

Snakecharming the masses

Montreal rockers The Stills drop new album following McCartney opening gig

IAN NATHANSON
for Metro Canada

Midway through a recent concert from The Stills, several masked drummers joined the group onstage to add extra percussive oomph to a new tune called Snakecharming the Masses.

Was this foretelling a bold conceptual direction for the Montreal rockers' third album, Oceans Will Rise, on which the song appears?

"We have some good friends who belong to an art group," Stills singer/guitarist Tim Fletcher explains. "When we asked them to come up on stage with us, they brought these masks and hoodies with them and said, 'All right, we're gonna dress up like tribal terrorists and hit some drums.'"

Ambitious indeed. Other than a YouTube video, the song had yet to fully reach a mass audience.

Then again, The Stills have some previous experience snakecharming the masses, albeit under different musical circumstances. Featured in Rolling Stone and as one of MTV's Ten Artists To Watch in 2003, the group's full-length debut, Logic Will Break Your Heart, drew raves for its '80s dark new wave and comparisons to Echo & The Bunnymen and Joy Division.

DANIEL CIANFARRA/ARTS&CRAFTS

The Stills' new album Oceans Will Rise was released today.

But by 2006's Without Feathers, The Stills veered toward more peppier, sparse classic rock. Internally, guitarist and founding band member Greg Paquet left, drummer Dave Hamelin switched to guitar and touring keyboardist Liam O'Neil and drummer Julien Blais were eventually added as permanent members.

"The first two records were us being thrown into this new world that, with our own neuroses, was tough to understand and get comfortable with at first," Fletcher says. "Now, as a band, we're much more comfortable together."

Still, more changes ensued: A label move from Vice Records to Arts & Crafts and another musical shift toward ambitious indie rock. Neither, however, could have prepared Fletcher, Hamelin, O'Neil, Blais and bassist Olivier Corbeil for their next shot.

The aforementioned recent concert was a July show in Quebec City to mark the city's 400th birthday. The Stills performed in front of some 250,000-plus people as a warm-up act for the evening's headliner — Paul McCartney.

"We kept hearing about it before we knew we were confirmed to take part," Fletcher says. "None of us believed it was going to happen. But once it was confirmed, we all went, 'Oh … my … God! We've got a week to get this together.

"We've played to thousands of people before, but nothing quite like that. It took about a week-and-a-half afterwards for that experience to wear off."

in concert …

- The Stills play the Horseshoe Tavern tonight at 10.

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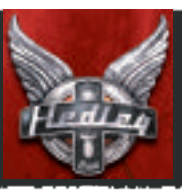

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No more of the Sweetest Thing

Members of U2 have been ordered to lose weight, a source has told the New York Post. The band will launch a new album around January, and a world tour in early spring, "so the boys have been told to start exercising all the summer weight off." MUSIC-NEWS.COM

Casting couch

ANDREW H. WALKER/GETTY IMAGES

Laurence Fishburne

Fishburne set to join cast of CSI

TELEVISION CBS says Matrix star Laurence Fishburne is joining the cast of CSI: Crime Scene Investigation, stepping into the gap left by departing cast member William Petersen.

CBS tells The Associated Press that Fishburne will be introduced in the ninth episode of the upcoming season. He plays a college lecturer and former pathologist who is focused on why people commit acts of violence.

Petersen, who has been with the series since it debuted in fall 2000, will leave the show early next year. THE ASSOCIATED PRESS

Avril's onstage moves may be 'too sexy' for concert-goers in Malaysia

Malaysia's Islamic opposition party has urged the government to cancel a concert by Avril Lavigne, saying the Canadian singer's onstage moves are "too sexy," an official said yesterday.

Lavigne, a Grammy-nominated rock singer who burst to fame with her 2002 debut album Let's Go, plans to start her month-long Asian tour with a performance in Kuala Lumpur on Aug. 29.

The youth wing of the Pan-Malaysian Islamic Party said Lavigne's concert would promote bad values ahead of Malaysia's Aug. 31 independence day.

"It is considered too sexy for us ... It's not good for viewers in Malaysia," said Kamarulzaman Mohamed, a party official.

"We don't want our people, our teenagers, influenced by their performance. We want clean artists, artists (who) are good role models."

CTK, MICHAEL DOLEZAL/THE ASSOCIATED PRESS

Avril Lavigne performs at the O2 Arena during her July 8 concert in Prague, Czech Republic.

Too hot to play

- Last year, pop singer Gwen Stefani made what she called "a major sacrifice" by donning clothes that revealed little skin at a performance in Malaysia.
- Also last year, Christina Aguilera skipped Malaysia during an Asian tour that included neighbouring Singapore, Thailand and the Philippines.
- R&B superstar Beyoncé scratched a planned concert in Malaysia, moving it to Indonesia.
- A Pussycat Dolls concert in 2006 was fined 10,000 ringgit ($3,180 US) after the girl group was accused of flouting decency regulations.

THE ASSOCIATED PRESS

Kamarulzaman said he sent a protest letter to the Culture, Arts and Heritage Ministry and the Kuala Lumpur mayor last week, calling for the concert to be cancelled.

An official from the Culture Ministry's department that vets all foreign artists said the government has not given permission for the concert yet. The department is to meet today to decide on the organizer's application.

A spokesman for the concert's organizer, Galaxy Group, denied Lavigne's show had any "negative elements," and said his company was confident of receiving the permit as feedback from authorities so far had been "very positive."

Malaysia requires all performers to wear clothes without obscene or drug-related images and be covered from chest to knees. They must also refrain from jumping, shouting, hugging and kissing on stage. THE ASSOCIATED PRESS

"We want clean artists, artists (who) are good role models."
Kamarulzaman Mohamed

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Zombies sans clothes
Sony Pictures will release Zombie Strippers on DVD & Blu-ray this Oct. 28.
The horror comedy stars Robert Englund and Jenna Jameson, right. METRO NEWS SERVICES

DVD picks

Brand Upon the Brain!

Director: Guy Maddin
Stars: Gretchen Krich, Maya Lawson
Rating: 14A

THIS BEING a Guy Maddin movie, we have to take the exclamation point seriously. Not solemnly, mind you, but seriously. The prairie visionary means business with that punctuation mark — watching a Maddin film is like being hit by lightning. You'll still have a good time, if you're in the right frame of mind.

So even though this wondrous "Remembrance in 12 Chapters" has a peeping mom, a brain-drilling mad scientist dad, a cross-dressing detective, a satanic feral child, and occasional bouts of nudity, cannibalism, womb-robbing and hands-free hormonal activity, there's no reason to be frightened. Much. It's a combination of Grand Guignol freakout, Expressionist horror, Nancy Drew/Hardy Boys detective fiction and tender childhood reminiscence — if your childhood happened to be in a remote lighthouse orphanage where mom bathed in turpentine and sounded her "Horn of Chastity" while dad did unspeakable things in the basement.

Did I mention that the film is in black-and-white and is more or less silent, if you don't count Isabella Rossellini's sumptuous narration and a score redolent with harp and cello?

But where else can you see a Black Mass interrupted by a gramophone call to dinner? Or orphans playing secret beach games of Spin the Bottle? Or strange stomach markings that look mysteriously like Romania?

That's right, only here.

DVD extras include commentary tracks, a documentary about the film and two new short films by Maddin.

And the Maddinesque amongst you will want to know how Brand Upon the Brain! has made the transfer to straight film from its earlier incarnations at last year's TIFF and this week's Luminato festivals, where it was presented with a live orchestra, narrator, Foley artists and a castrato.

Ariadne auf Naxos

Conductor: Christoph von Dohnányi
Stars: Emily Magee, Elena Moşuc

THINK OF THIS as an operatic version of Jean-Paul Sartre's No Exit, a purgatory where all the characters face difficult truths about themselves, in strange and funny ways.

Real-life composer Richard Strauss and librettist Hugo von Hofmannsthal lived their own ironic torment as their sprawling fusion of comic theatre (Molière's Le bourgeois gentilhomme) and serious opera (about Ariadne, lone and lorn on an island) was born. This uneasy fusion was a bust at its 1911 premiere. It took the duo five years to work out something more potent and compact.

The result seen here is a captivating opera within an opera where satire and tragedy wrestle on a tightrope.

Carrying all this off with tremendous skill and flair is a 2006 production from Zurich with a masterful conductor (Christoph von Dohnanyi) and a faultless cast led by Emily Magee as Ariadne and Elena Mosuc as Zerbinetta.

It will be a minor miracle if the Toronto Summer Music Academy & Festival can pull off anything remotely as polished in its production of Ariadne. But the music and story are so seductive that you can't blame them for dreaming big.

TORSTAR NEWS SERVICE

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Back in black, at Wal-Mart

A new AC/DC album, Black Ice, will be sold exclusively in Wal-Mart and Sam's Club stores starting Oct. 20. The album is the band's first containing all-new material in eight years and will cost $11.88 US. METRO NEWS SERVICES

What are the most memorable moments in TV history? You decide

The most memorable moments in television history will be revealed during the 60th Primetime Emmy Awards next month, and it's up to voters to decide which bits should take top honours.

Forty moments — 20 dramatic and 20 comedic — are in the running. Comedy contenders include M-A-S-H, Mork & Mindy, Sex and the City and The Cosby Show, while Buffy the Vampire Slayer, Miami Vice, Moonlighting and The Sopranos are among the drama candidates.

On the web

- Visit emmys.tv to watch clips and vote for your favourite TV moments.

The television academy and Emmy show producers came up with the competition and the contenders in honour of the 60th annual presentation of the Emmy Awards.

"It's a perfect opportunity both to ... introduce new generations to some of the medium's most important events," Emmys executive producer Ken Ehrlich said in a statement yesterday.

Fans can watch clips and vote for their favourite moments online until Sept. 15.

The top five vote-getters in each category will be presented during the Emmy show on Sept. 21, and the two winning moments will be revealed just before the year's outstanding drama and comedy series are named. THE ASSOCIATED PRESS

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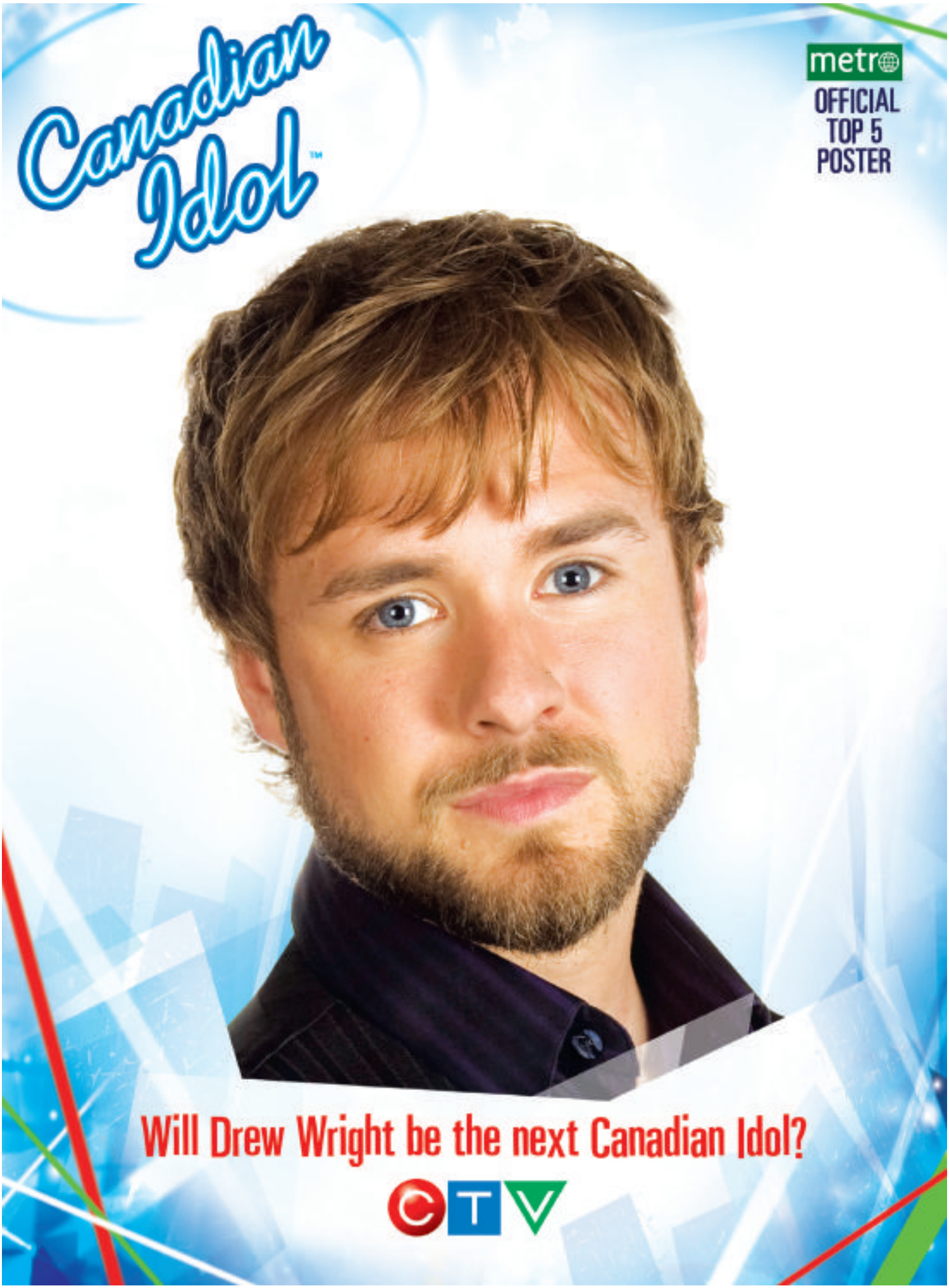
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Soap seeks real soldier

DAYTIME TV Long-running soap opera All My Children has issued an open casting call for an Iraq war veteran who can play an injured vet. The ABC soap is working with the military and with veterans' support group USA Cares in seeking to cast a real soldier in the new role. The plot will involve a romance between Army Lieut. Taylor Thompson, played by Beth Ehlers, and a character called Brot, her former lover, who she believes has died in combat. In reality, he has been injured and doesn't want to involve her in his suffering. Thompson, who recently returned from Iraq herself, will discover he is still alive. Veterans are being asked to contact the series' New York casting director to apply for the role. They don't need to be injured.

"It will make it such a heightened experience for the audience and for us … to cast a real-life soldier, a veteran, and bring him into our created drama," said All My Children executive producer Julie Hanan Carruthers. The drama has previously created story lines with a Vietnam War vet, a lesbian mother and other politically sensitive characters. "The audience embraces it because they relate to the people involved, who they care about," Carruthers said, allowing viewers to "surpass personal biases."

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IntelleVision

Rick McGinnis

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FOREVER YOUNG: The latest transatlantic TV sensation is Skins, the very controversial comic drama featuring a cast of real teens hooking up and getting wasted that BBC America is currently featuring in one big block collecting its first two seasons. It's a good move, because it gives some substance to remarkably brief British TV seasons (Skins' first season is only nine episodes long, the second an epic 10), but because virtually the whole of the cast was replaced for the upcoming Season 3, a move the show's creator says is intentional.

"Our show is for young people," Bryan Elsley told the New York Times.

"We want our actors to be the same age as not only the characters they're playing, but the same age as our audience.

So that means once they reach the age of 18, 19, they can't be in the show anymore. Our thesis is that it's going to keep our show fresh."

As someone who's frequently advocated a legal requirement for rock bands to break up after two albums, and an outright ban on movie sequels, this is as good an arbitrary rule as anyone has ever made on television. A judicious application would have saved us from a hundred concept albums, Godfather III and NBC's Joey.

AIN'T GOT NO HOME: One of the biggest human interest stories at the beginning of the summer was the dire straits that former Johnny Carson sidekick Ed McMahon had landed in — massively in debt and about to lose his Beverly Hills mansion due to bad investments, an injury that had prevented the 85-year-old from working and, it was rumoured, too many credit card shopping sprees by his younger wife, Pamela.

Donald Trump has offered to buy Ed McMahon's house and lease it back to him.

Last week, though, the Los Angeles Times reported that none other than Donald Trump had come to McMahon's rescue, buying the home that McMahon had originally put on the market two years ago for $7 million US for the low, low price of just $4.6 million.

"I don't know the man, but I grew up watching him on TV," Trump told the Times, who reported that he's leasing the property back to McMahon for an undisclosed sum.

The deal took place after McMahon's real estate agent flew to New York to make a personal appeal to Trump.

"When I was at the Wharton School of Business," Trump told the Times, "I'd watch him every night. How could this happen?"

An odd but undeniable act of charity, obviously, but you have to wonder about the downsides to having Trump as your landlord.

Given the real estate mogul and reality TV impresario's markedly baroque taste in home furnishings, as showcased on his Trump Tower apartment during episodes of The Apprentice, McMahon might find himself living in the pool house every now and then as workers put wall-sized mirrors and ormolu sideboards in the TV room, or cover the pantry with marble and gilt-framed paintings of frolicking cherubs.

Rick McGinnis writes about music, movies, books and television, but not opera.

TO	Vu	SC	C	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
primetime 8/19/08	265	353	2	TVO	The Great Warming		The Agenda With Steve Paikin		No Tears		Citizen King (Part 1 of 2)		Agenda-Paikin
	211	331	3	GTV	Entertainment	ET Canada	Wipeout		Big Brother 10 (N)		In Plain Sight		News (N)
	215	343	4	OMN1	Two/Half Men	The Simpsons	News (N)		Vivere Il	News (N)	The Simpsons	King of the Hill	Metropia
	210	302	6	CBC	(6) **XXIX Summer Olympics** (HDTV) From Beijing. Cycling, BMX seeding; beach volleyball, men's semifinals; softball, semifinals. (Live)								
	214	344	7	CITY	Friends	Hollywood	Hell's Kitchen		Reaper "Acid Queen"		Reaper "Rebellion"		News (N)
	212	313	8	CTV	TMZ (N)	Jeopardy!	Canadian Idol	The Hills (N)	Without a Trace		Law & Order: SVU		News (N)
	218	345	11	E!	The Insider (N)	E! News	Real Housewives		Simple Life	Kardashians	Pam: On Loose	Sunset Tan (N)	News (N)
	137	763	13	TFO	Panorama	Les Éclaireurs	Tournants de l'histoire		*Classe tous risques* ★★ (1960, Drame) Lino Ventura.				Geographic
	-	-	14	-	Law & Order: SVU		News (N)		News (N)		King	King	Cold Case
	213	326	15	SUN	Scrubs	George Lopez	*Return Engagement* (1991, Fantasy)			The DVD Show	To Serve and Protect		Grill Rm.
	-	387	16	CBS	Inside Edition	Hollywood	NCIS "Dog Tags" (HDTV)		Big Brother 10 (N)		Without a Trace "Driven"		News (N)
	-	385	17	NBC	Entertainment	Olympic Zone	XXIX Summer Olympics (HDTV) (Live)						
	-	386	18	ABC	Wheel-Fortune	Jeopardy!	Wipeout		(9:02) Wanna Bet?		Primetime: Medical Mysteries		News
	219	346	20	ACH-B	Grand Star	Degrassi: Next	Wanna Bet?		Sarah Connor Chronicles		Without a Trace "Driven"		News
	-	-	28	FOX	Judge Judy	Two/Half Men	House "The Right Stuff"		Sarah Connor Chronicles		Seinfeld	Two/Half Men	The Simpsons
	-	388	61	PBS	News-Lehrer	Keeping Up	Nova (DVS)		Illicit: The Dark Trade		Wide Angle (N)		Business Rpt.
	297	652	330	WPX	Two/Half Men	Family Guy	Beauty and the Geek		Reaper "The Leak"		CW11 News at Ten		Two/Half Men
	296	654	331	SBK	Wheel-Fortune	Jeopardy!	Dr. Phil		News (N)	Jeopardy!	Frasier	Frasier	Cheers
	298	653	332	TLA	Reba	Reba	My Wife-Kids	According-Jim	Family Guy	Family Guy	Two/Half Men	Two/Half Men	Beauty, Geek
news	502	390	26	NW	CBC News	Beijing Today	The Hour (N)		CBC News: The National		CBC News: The National		National
	500	500	33	CNN	Lou Dobbs Tonight		CNN Election Center		Larry King Live		Anderson Cooper 360 (HDTV)		
	509	504	79	CNB	Asia Squawk Box		On the Money		Asia Squawk Box		The Big Idea With Deutsch		Mad Money
sports	405	417	22	net	MLB Baseball New York Yankees at Toronto Blue Jays. From Rogers Centre in Toronto.						Sportsnet Connected		Sportsnet Con.
	400	400	30	TSN	(6:30) **XXIX Summer Olympics** (HDTV) (Live)								SportsCentre
	411	457	58	OLN	Exploration	Videos	Survivorman		Angry Planet	Surf Patrol	Adventures	Strand-Peters	Pilot Guides
	417	406	81	SC	Pinks (HDTV)	Pass Time	Unique Whips		Low Life	SuperCars	Super Bikes!	Super Bikes!	Pinks (HDTV)
family	551	542	25	YTV	Prank Patrol	Prank Patrol	Fries That?	Futurama	Prank Patrol	Mystery Hnt.	Falcon Beach		Mystery Hnt.
	554	544	45	TEL	George-Jungle	Tom & Jerry	Tom and Jerry	6teen	Total Drama	Futurama	*Armitage: Dual Matrix* (2001, Science Fiction)		
	556	540	51	FAM	That's-Raven	Smart Guy	Zack & Cody	Naturally Sadie	Han. Montana	Life Derek	Ned's School	Cory in House	Zack & Cody
cable variety	602	567	27	W	Will & Grace	Friends	Maxed Out	Style by Jury	Kim	Style by Jury	How to Look Good Naked		Maxed Out
	570	580	29	MM	America's Best Dance Crew		America's Best Dance Crew		America's Best Dance Crew		Instant Star	Instant Star	Gone Wild
	615	520	31	A&E	The First 48 (HDTV)		The First 48 "Memphis"		The First 48 (HDTV) (N)		The Cleaner (HDTV) (N)		The Cleaner
	700	800	35	TLN	Centrovetrine	Sky TG 24	Ferragosto OK (Parte 2 de 2)				The Sopranos (SS)		Raymond
	571	581	36	MMM	mmmtop	Uncovered	All Access		Listed "20 Dirty Ditties"		Hogan Knows	Hogan Knows	Listed
	575	583	38	CMT	Canada Countdown		Beyond Chance		Reba	Hope & Faith	Home Improve.	Roseanne	CMT30
	616	521	39	SHO	ReGenesis (HDTV)		Blue Murder		Trailer Park	Kenny-Spenny	*Eyes Wide Shut* ★★★ (1999, Drama)		
	620	523	40	BVO	Bazart	Bravo!Videos	*Cry Baby* ★★★ (1990, Musical Comedy)			McLauchlan	Live at the Rehearsal Hall		Law & Order
	601	562	41	SLC	End of Leash	Til Debt-Part	Newlywed	In Laws	Shear Genius		Plastic-Perfect	Matchmaker	Newlywed
	522	506	43	HIS	NCIS "Bloodbath"		Digging for the Truth		Finding the Fallen		NCIS "Bloodbath"		Crime Stories
	625	548	44	COM	Air Farce	22 Minutes	Laughs	Corner Gas	The Simpsons	South Park	Comedy Inc.	Jon Dore Show	Daily Show
	600	564	46	H&G	House Hunters	Property Virgin	Dirty Business	Outside	Colin & Justin's Home Heist		The Stagers	Green Force	Holmes-Homes
	294	529	47	TBS	MLB Baseball Atlanta Braves at New York Mets. From Shea Stadium in Flushing, N.Y.						Family Guy	Family Guy	Seinfeld
	576	582	49	BET	106 & Park	*Madea's Family Reunion* ★★ (2006, Comedy) Tyler Perry, Lynn Whitfield.					Baldwin Hills	Baldwin Hills	Hell Date
	627	528	50	SPC	Stargate SG-1 (DVS)		Star Trek: Voyager		Blood Ties (DVS)		Battlestar Galactica		Stargate SG-1
	581	566	52	MTV	Next	After	Canada's Next Top Model		Making the Band 4 (N)		From G's to Gents (N)		MTV Live
	618	524	54	TROP	News Show	News Show	ET Canada	What Happen?	Family Guy	Seinfeld	Seinfeld	Frasier	Family Guy
	603	561	56	FOOD	Grill It-Flay	Licence to Grill	Restaurant Makeover		HEAT-McEwan	HEAT-McEwan	Top Chef		Restaurant
	261	394	60	V	Murder, She Wrote		Eyes Down	On the Buses	Quantum Leap		Mystic Women		Blue Buddha
	621	527	63	STR	Look-A-Like	Hollywood	TMZ (N)	FT	Sexiest Body Parts		The Ellen DeGeneres Show		FT
	553	546	65	TRE	Ni Hao, Kai-lan	Nght Grdn	The Wiggles	Franklin	Little Bear	Miss Spider	Comfy Couch	Rolie Polie Olie	Beren. Bears
	115	711	101	TVA	Les Anges de la rénovation		Km/h (SC)	Caméra café	La Grande Évasion (HDTV)		TVA 22 heures	Sucré-salé	*Batman*
	126	730	102	RDI	RDI en direct	400 fois Qué	Grands reportages (SC)		Le Téléjournal	Chine	RDI en direct	Le National	Le Téléjournal
	526	507	249	CLT	The West Wing		True Murder	True Murder	Psychic Detect	Ext. Evidence	Traders		The West Wing
	300	601	301	M1	(7:10) *Introducing the Dwights* (2007, Comedy-Drama)				*Casino Royale* ★★★ (2006, Action) Daniel Craig, Eva Green.				
	305	612	306	PIX	(7:10) *Mon Oncle Antoine* ★★★ (1971, Drama)				*Airplane!* ★★★ (1980, Comedy)				*Airplane II: The Sequel*

critics'corner

Without a Trace

Even heroes have secrets. In "Driven," the team investigates the disappearance of a tow truck driver who was praised as a hero for saving a boy from being hit by a bus. It turns out he's been trying to make up for a tragedy in his past. Speaking of pasts, Sam (Poppy Montgomery) isn't pleased when Jack (Anthony LaPaglia) digs up some dirt on her baby's father (Adam Kaufman). Linda Hunt guest stars as an FBI psychiatrist counseling Jack. 10 PM on ACH-B CBS

XXIX Summer Olympics

No matter where Quebecois diver Alexandre Despatie ends up today in the final of the men's 3-meter springboard, his performance will be considered a triumph in itself. He's coming back from a fractured right foot he suffered in April, an injury that put a cloud over his training for the Olympics. Now that he's here, he faces another formidable challenge: overcoming the favored Qin Kai and He Chong of China's vaunted "dream team." 6 AM on CBC

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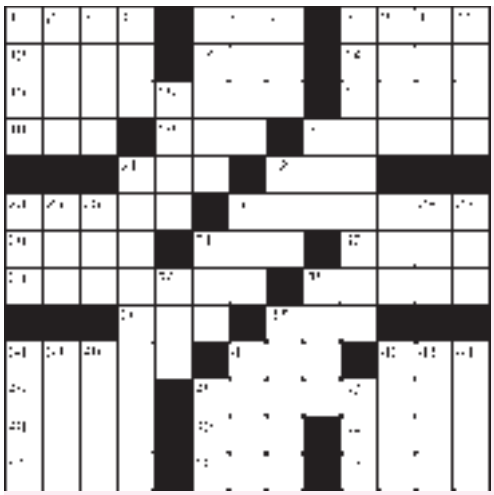
Lennox in recovery
Annie Lennox has had successful spinal surgery for a back injury she sustained in Mexico while attending this month's International AIDS conference, people.com reports. METRO NEWS SERVICES

Take Five



Crossword down

1 Quail group
2 On the briny
3 Quest for adventure
4 Pair on stage
5 Long-legged shorebird
6 Thrill
7 Verily
8 Truthful
9 Beyond eager
10 Farmer's wife's quarry
11 Trudge
16 Requirement
20 Write in the margins
21 Burlingtonian, e.g.
22 Pooch
23 Golfer Ernie
24 Kitten's remark
25 Arthur of "The Golden Girls"
26 Pie ingredient?
27 Scepter topper
28 Beak
29 Sauce source
31 Lustrous black
34 Prize-fighter
35 KFC flavorer
37 Tales
38 Impale
39 Unrivaled
40 Greek vowel
41 Laborer
42 Zetas' followers
43 Showbiz jobs
44 Leave out
46 Compete
47 Intensify, with up

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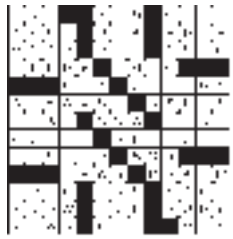
Crossword across

1 Hairless
5 The air up there
8 Improvise
12 Birthright barterer
13 Neckwear
14 Satan's specialty
15 Archie's brunette girlfriend
17 Puerto —
18 Tibetan bovine
19 Moose's cousin
20 Blasé
21 Animal treater
22 Happy companion?
23 Enclose tightly
26 Gestures
30 Ogler's look
31 Moonshine container
32 Sandwich cookie
33 Overwhelmed
35 Spouse
36 Chic no longer
37 "Of course"
38 David's weapon
41 Standard
42 "I" strain
45 Horn sound
46 Not paraphrased
48 Initial chip
49 Charged bit
50 Crèche visitors
51 Tolerate
52 Type measures
53 "Hey, you!"

previous day's answer



Horoscopes

AVATAR VENUS

ARIES ♈
MARCH 21-APRIL 20
There will be a meeting to discuss property. Think fast at a job site. A recent change will become beneficial.

TAURUS ♉
APRIL 21-MAY 21
Indulgence in leisure activities is delayed. A friend introduces a helpful person. Meet with others to deal with bullying.

GEMINI ♊
MAY 22-JUNE 21
Details will be misunderstood. Be attentive to people's feelings and all will be well. Questions about health and family will crop up.

CANCER ♋
JUNE 22-JULY 22
Policy changes can bring relief. Seek out a miracle and take responsibility. The grass isn't greener anywhere else.

LEO ♌
JULY 23-AUG 23
Don't create chaos at a gathering. Delight develops when you indulge in music. Grant a request as soon as possible.

VIRGO ♍
AUG 24-SEPT 22
Join a group that supports your interests. A troubled person will ask for help. A dream will cause revamping of your plans.

LIBRA ♎
SEPT 23-OCT 23
Triumphing over your workload will satisfy you. Someone wants sympathy for a lost cause. A buddy needs funds to do good deeds.

SCORPIO ♏
OCT 24-NOV 22
Don't be a fool for love. Put off telling someone about a realization. A woman carries out a nefarious plan.

SAGITTARIUS ♐
NOV 23-DEC 21
Money will be discussed with a frosty person. Ask discreetly about the reasons for a breakup. Brave words will be spoken.

CAPRICORN ♑
DEC 22-JAN 20
A housemate will change plans. An ambiguous experiment will have good results. Poor work habits will give rise to a lecture.

AQUARIUS ♒
JAN 21-FEB 18
Save yourself from anxiety. Don't play the heavy with a buddy. Avoid stimulating activities or you won't get to sleep.

PISCES ♓
FEB 19-MAR 20
A passionate debate with a loving person leads to goodwill. Be very clear when giving advice. A boy will take a risk by sleeping in

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Sudoku

	4				1		6	3
		6			5	9		
								4
4	6		9			1		
5			7		3			2
		7			6		8	5
6								
		3	5			7		
9	2		8				1	

HOW TO PLAY SUDOKU:
The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or column down the puzzle.

previous day's answer

5	7	8	1	6	3	4	9	2
1	9	3	4	2	5	8	7	6
4	6	2	9	8	7	1	5	3
9	4	7	3	1	2	5	6	8
2	8	1	5	7	6	9	3	4
6	3	5	8	9	4	2	1	7
8	1	6	2	3	9	7	4	5
3	2	4	7	5	1	6	8	9
7	5	9	6	4	8	3	2	1

SUDOKU SOLVE TIME IN MINUTES:
Under 13. . . . . Genius
13-17 . . . . . Scholar
17-21. . . . . Smart
21-25. . . . . Not bad
25+ . . . . . Keep practising
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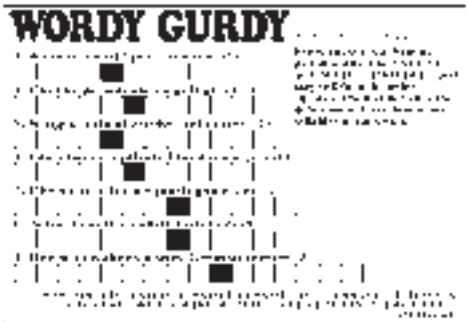

Toronto weather

The Weather Network theweathernetwork.com

Afternoon	Tonight	Wednesday	Thursday	Friday
Sunny. 22°	Clear. 12°	Sunny. 22°/ 11°	Sunny. 25°/ 12°	Mainly sunny. 26°/ 16°

Temperature
Normals
High: 25.5°
Low: 12.9°

Records
High: 35°/1955
Low: 6.3°/1977

Sunrise: 6:28 a.m.
Sunset: 8:15 p.m.
Moonset: 9:29 a.m.
Moonrise: 9:17 p.m.

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How mother of three got Housewives' role

Felicity Huffman landed her role in Desperate Housewives in a shocking audition when she complained about the pitfalls of motherhood, stunning casting directors. IMBD.COM

Celebrity Buzz

Barr bashes Brangelina

BLOG Roseanne Barr says Angelina Jolie is "evil" and her hubby Brad Pitt "vacuous," tmz.com reports.

Roseanne went insane on her blog, scoffing that Jolie likes Republican presidential candidate John McCain but hasn't decided whom to endorse.

Roseanne rants, "Do you not know that the African daughter you hold in every picture had parents who suffered and died because of the Republican Party's worldwide economic assault on Africa?"

She also mentions two of the other kids are Vietnamese and Thai (actually Maddox is Cambodian), saying their real families are "victims of America's right-wing military incursions."

Roseanne goes on to claim that Brad brings in $40 million US a year in violent, psychopathic films and gives away a relatively paltry $3 mil "to starving children trying to look as if they give a crap about humanity."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

Phil's bills: Love costly for Collins

DIVORCE The third time was certainly not the charm for Phil Collins, who's facing yet another pricey divorce, People.com reports.

After six years of marriage and two children, the musician's former wife, Orianne Cevey, 35, has received $46.76 million US from Collins, 57, reports Britain's Daily Mirror. The record settlement tops by some $2 million what Paul McCartney gave Heather Mills earlier this year.

Collins is no stranger to expensive breakups. Second wife Jill Tavelman received $34 million after he ended their relationship by fax in 1994.

In all, according to a Daily Telegraph tally, Collins's divorces have cost him $84 million — nearly a third of his estimated $280 fortune. Collins and Cevey met on tour in 1994 while she was working as a translator. Their children are Nicolas, 8, and Matthew, 4.

Collins also has three other children: Lily, from his marriage with Tavelman, and Simon and Joelyi, from his first marriage – to Canadian-born Andrea Bertorelli. That union ended in 1979.

METRO NEWS SERVICES

celebrity brief

Madge's li'l bash

BIRTHDAY Madonna celebrated her 50th birthday Saturday at London club Volstead. "It was a small party," a source confirms to People.com. "A private event for her close family and friends. It was low key."

The elaborate bash was organized by her husband Guy Ritchie. Highlights of the evening, included Madonna's daughter Lourdes serenading her on piano and illusionist David Blaine performing card tricks.

METRO NEWS SERVICES

celebrity brief

Paltrow draws PETA's wrath

FUR Gwyneth Paltrow is the latest celebrity to feel the wrath of anti-fur campaigners, femalefirst.co.uk reports. The actress has angered PETA by appearing in the campaign for Tod's latest collection wearing fur-lined boots and promoting animal-skin bags, despite being a vegetarian.

PETA have criticized Gwyneth for setting a terrible example by taking money for the advert: "Gwyneth Paltrow won't be the apple of her daughter's eye if she continues to flaunt fur," said a PETA spokesperson.

METRO NEWS SERVICES

Kardashian a technology whiz

PERFORMANCE Kim Kardashian gave her boyfriend a sneak preview of her routine with the Pussycat Dolls via webcam, femalefirst.co.uk reports.

The curvy socialite was so keen to find out what lover Reggie Bush thought of her sexy outfit and raunchy dance moves that she put on a private showing for him ahead of her live performance with the dance troupe in Las Vegas last Friday night.

She said: "I did iChat with Reggie and I had my costume on for his approval. I did my whole dance for him when I was practicing. He thought it was so cute. He said, 'Please videotape it so you can send it to me right after.'"

Following the performance, Kim said: "My first part of the show started off in the bathtub in the middle of the club in a vintage, all-sequin, one-piece bathing suit with puff sleeves and a beach ball! But my second look was my favourite! A white bedazzled sailor suit. It even had a Kim patch on the sleeve!

"It went amazingly well and was the best experience ever!"

METRO NEWS SERVICES

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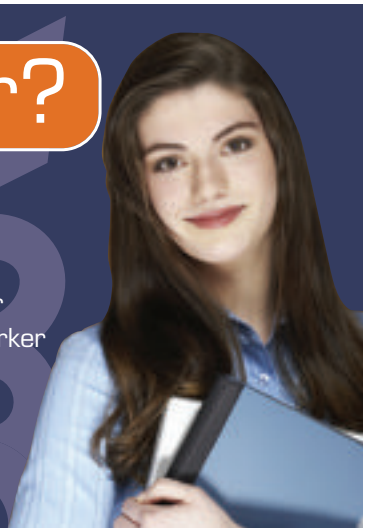


Hanson baby boom continues
Taylor Hanson, the 25-year-old middle brother of the rock trio Hanson, and his wife Natalie are expecting their fourth child this winter. PEOPLE.COM

Celebrity Buzz

'Girl kisser' Perry draws parents' ire

MUSIC Katy Perry's parents have denounced her hit song I Kissed a Girl as "shameful and disgusting," femalefirst.co.uk reports.

Katy, who is celebrating her second week atop the U.K. singles chart with the track, has upset her parents with the song's lesbian lyrics. I Kissed a Girl is also No. 1 in the U.S. and Canada.

Katy's mother, Mary Hudson — who along with her husband Keith is a preacher in California — said: "I can't even listen to that song. The first time I heard it I was in total shock. It promotes homosexuality and its message is shameful and disgusting. When it comes on the radio I bow my head and pray.

"She is our daughter and we love her and can't cut her out of our lives. But we strongly disagree with how she is conducting herself."

METRO NEWS SERVICES

GETTY IMAGES PHOTOS

celebrity brief

Sheen finding marriage 'fab'

MARRIAGE It's been 2½ months of marriage for the star of Two and a Half Men — and Charlie Sheen is still a gushing groom, People.com reports.

"It's fabulous," he said backstage Sunday at the Alma Awards in Pasadena, where he took home the award for outstanding male performance in a comedy series. "We're having a ball."

He's also suddenly one of the most private men. Sheen, 42 has dropped off the paparazzi radar following his May 30 wedding to Brooke Mueller, 30, in Los Angeles — which is fine with him. "You guys don't see much of us — that's by choice," he said.

METRO NEWS SERVICES

Cameron cashing in

FINANCES According to msn.com, Cameron Diaz topped the list of highest paid actresses (including endorsements) between June 1, 2007, and June 1, 2008.

She raked in $50 million US, thanks in large part to her lucrative recurring role as princess-turned-ogre in DreamWorks' Shrek franchise.

Often typecast as the blond ditz, Diaz also hit the big screen opposite Tinseltown goofball Ashton Kutcher in 20th Century Fox's spring comedy What Happens in Vegas. Up next: A silver-screen adaptation of Jodi Picoult's bestselling novel My Sister's Keeper and a fourth instalment of Shrek.

Keira Knightley is No. 2 on the list, with annual earnings of $32 million.

Third on the list is Hollywood sweetheart Jennifer Aniston. The former Friends star collected $27 million during the course of the year.

Tied for fourth place on the list: Reese Witherspoon and Gwyneth Paltrow. Each banked $25 million during the year.

METRO NEWS SERVICES

Radcliffe not deterred by medical condition

LIVING Daniel Radcliffe struggles to tie his own shoelaces because of a medical condition, femalefirst.co.uk reports.

The Harry Potter star has revealed he has the condition dyspraxia — a common neurological problem that causes sufferers to have difficulties planning any sequence of co-ordinated movements — and can sometimes struggle to complete the most basic of tasks.

He said: "Sometimes I think, 'Why, oh, why, has Velcro not taken off?'"

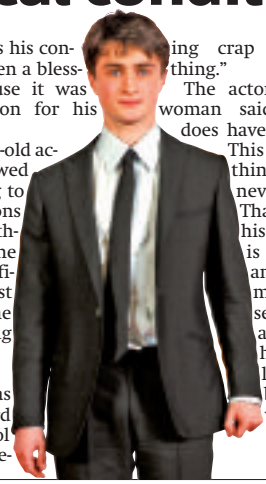
Despite his difficulties, Daniel admits his condition has been a blessing — because it was the inspiration for his acting career.

The 19-year-old actor was allowed to start going to film auditions after his mother decided he needed a confidence boost because he was struggling academically.

Daniel added: "I was having a hard time at school in terms of being crap at everything."

The actor's spokeswoman said: "Daniel does have dyspraxia. This is something he has never hidden. Thankfully, his condition is very mild and at worst manifests itself in an inability to tie his shoe laces and bad handwriting."

METRO NEWS SERVICES



celebrity brief

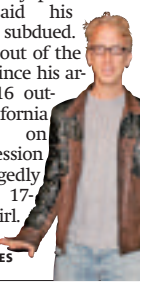
Dick subdued, but resolved to survive

ARREST A month after Andy Dick was arrested on drug and sexual battery charges, People.com reports that he's telling pals he's soldiering on.

"Andy Dick is going thru it!" the 42-year-old comedian wrote in a private message sent to his MySpace friends.

Dick said his mood was subdued. He's been out of the spotlight since his arrest July 16 outside a California restaurant on drug possession and allegedly groping a 17-year-old girl.

METRO NEWS SERVICES



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